THE CRAZY WISDOM COMMUNITY JOURNAL 2001

JANUARY THROUGH APRIL 2001 (#17)
(Cover) The Crazy Wisdom Interview Tibetan Buddhist Lama Gelek Rinpoche Talks About His Years in Tibet and India, American Politics, and the Evolution of Jewel Heart
INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 2001 (#18)
(Cover) The Art and Practice of Midwifery Crazy Wisdom Interviews Three Local Midwives
Traditional Midwife Mickey Sperlich
U-M Nurse-Midwifery Asst. Professor Jeanne Raisler
Holistic Midwifery Educator Patty Brennan

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

SETPEMBER THROUGH DECEMBER 2001 (#19)
(Cover) The Crazy Wisdom Interview Evie Gauthier and Leigh Daniels on Ritual and Ceremony for Spiritual Development

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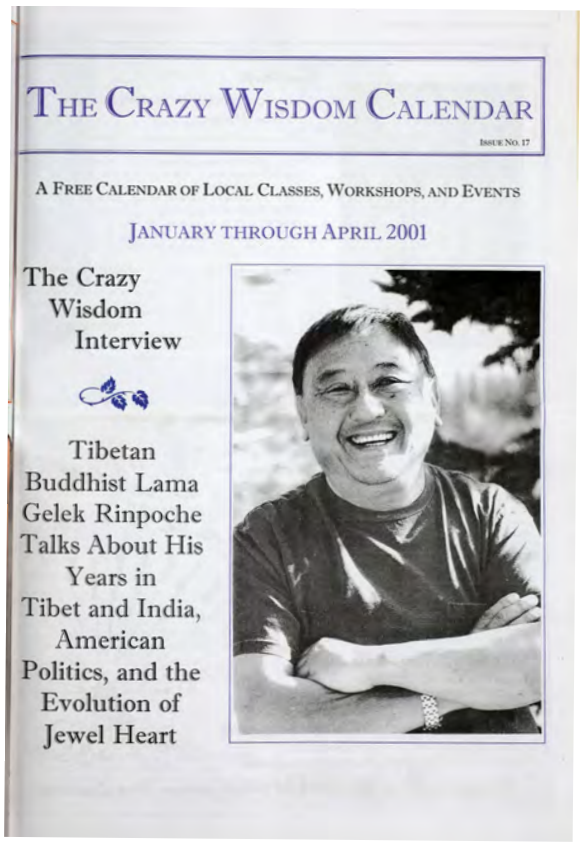
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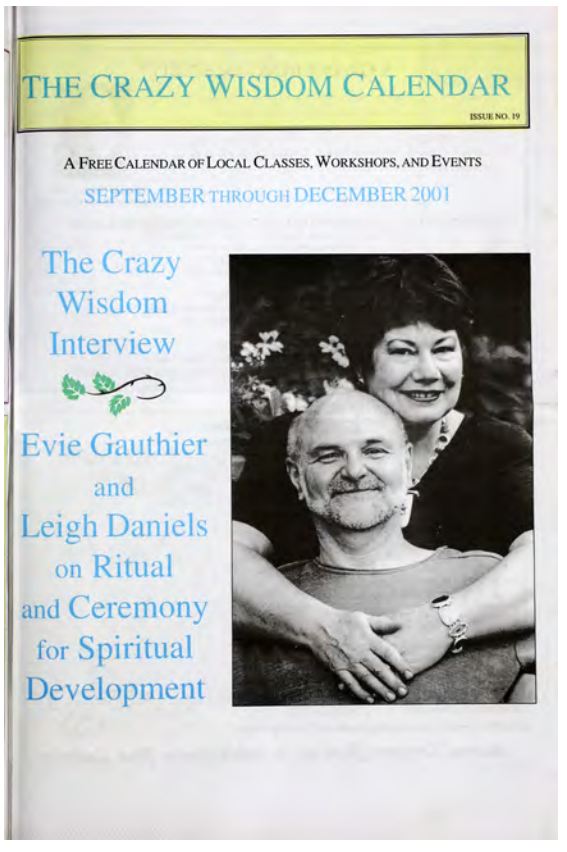
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ISSUE NO. 19
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SEPTEMBER THROUGH DECEMBER 2001
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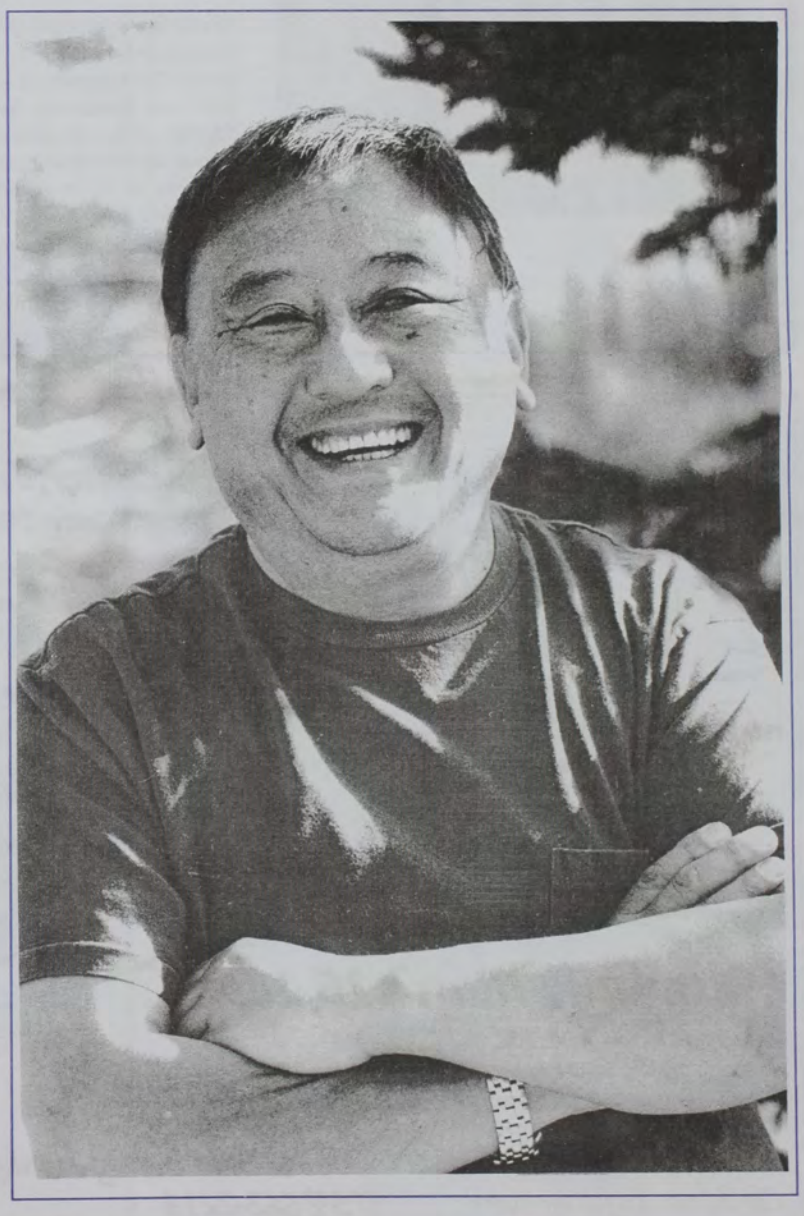
The Crazy Wisdom Calendar

Issue No. 17

A Free Calendar of Local Classes, Workshops, and Events

January through April 2001

The Crazy Wisdom Interview



Tibetan Buddhist Lama Gelek Rinpoche Talks About His Years in Tibet and India, American Politics, and the Evolution of Jewel Heart

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Calendar of Events

Sensei Anthony Sanchez: Awakening	January 26-27
Sandy Scott: Groundhog Day Retreat	February 2-4
Laura Hyde: Cultivating the Intimate Life	February 10
Sensei Anthony Sanchez: Fear	February 17
Chris Tarr: Power of the Circle: Women's Spirituality Retreat	March 2-4
Sensei Anthony Sanchez: Ascension	March 30-April 1
UBAKA	April 27-29
Laura Hyde: The Self-Mastery Program	May 4-6
P'arang Geri Larkin: Zen Meditation Retreat	June 25-29

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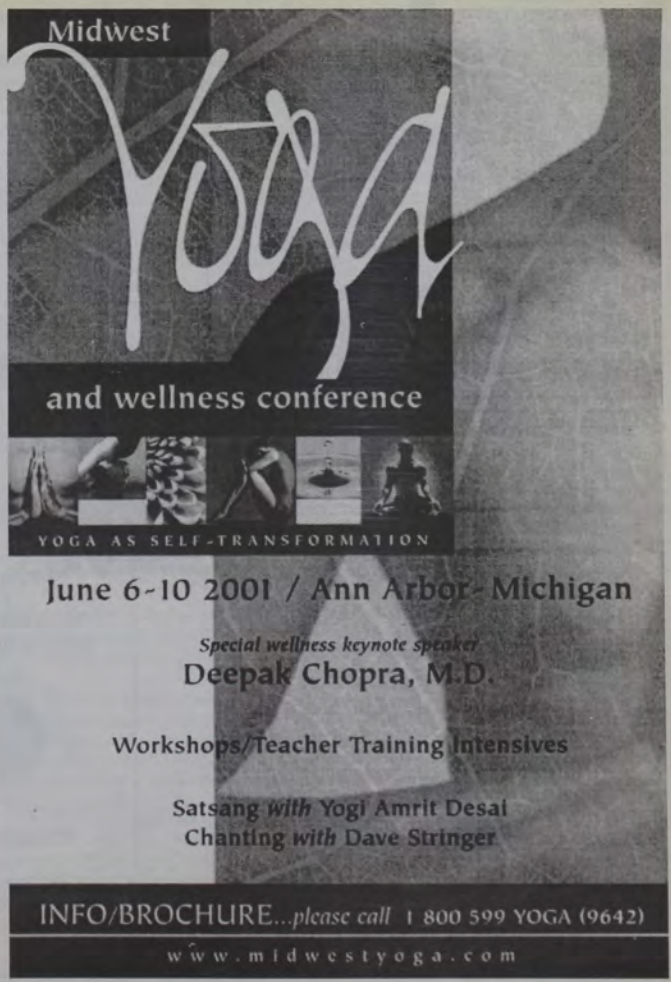

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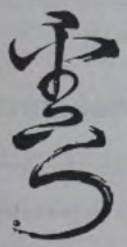

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Calendar Highlights for January-April 2001

1) **Magic in Action with Leigh Daniels** - January thru April
(See Magic)
2) **Best-selling author Iyanla Vanzant** - January 26
(See Spiritual Development)
3) **Polarity Therapy Workshop with Jim Feil**
January 30-February 3 — (Bodywork & Bodymind Therapies)
4) **Bo Lozoff, Author of *We're All Doing Time*** - February 7
(Spiritual Development)
5) **Author and Poet Bell Hooks** - February 9
(See Writing and Poetry)
6) **Meditation Workshop with Dr. Dennis Chernin**
February 10 — (See Meditation)
7) **Tibetan Shamanism with Larry Peters**
February 24-25 — (See Shamanism)
8) **Liberating Your Soul at Work with Author Michael Whitty**
February 28 — (See Work & Right Livelihood)
9) **Mystical Evening of Chant with Norma Gentile**
March 16 — (See Music & Sound)
10) **Book-signing and Workshop with Ted Andrews, Author of *Animal-Speak***
March 23 — (See Animals)
11) **Dimensions in Light Festival** - March 25
(See Conferences, Fairs & Festivals)
12) **Goddesses in Older Women with Author Jean Shinoda Bolen**
March 28 - (See Womenspirit)
13) **Herbalist and Author Susun Weed** - March 30
(See Herbs, Plants & the Garden)
14) **An Evening with John O'Donohue at the Weber Center**
April 3 — (See Celtic Wisdom)
15) **Women's Wisdom Weekend with Joan Borysenko, Author of *Minding the Body, Mending the Mind***
April 20-22 — (See Womenspirit)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the May-August 2001 issue is **Wednesday, March 21st** and the **deadline for paid advertising is Wednesday, April 4th.** The issue will be distributed starting April 20th. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Most of the photographs were taken by Linda Lawson, Neil Heidrich or Ruth Schekter. Artwork in this issue was done by Nicole Macdonald. Transcribing of interview: Lynn Murdock. Cover design: Molly Nuzzo. Most of the quotes used in the calendar section were found in the book: *LittleMiracles* by Dan Zadra and Katie Lambert. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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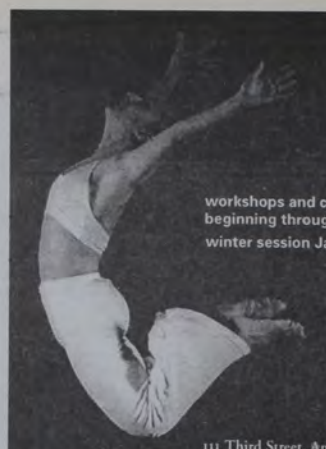

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January 7 weekly through April 29, 2001.

The Crazy Wisdom Interview – Tibetan Buddhist Lama Gelek Rinpoche Talks About His Years in Tibet and India, American Politics, and the Evolution of Jewel Heart.

Gelek Rinpoche is the founder and president of the Jewel Heart Center for Tibetan Culture and Buddhist Studies, located on East Washington Street in Ann Arbor. He is an incarnate lama within the Gelugpa tradition of Tibetan Buddhism. ("Rinpoche" means "precious jewel" in the Tibetan tradition, and it is an honorific most often given to someone recognized as a reincarnation of a previous master.) He was recognized as a lama, and ordained as a Buddhist monk, at a very young age. At age 20, he fled Tibet and settled in India for much of the next quarter century. (In the 1950's, and particularly from 1959 to 1960, hundreds of thousands of Tibetans made arduous and perilous journeys across the Himalayas, to escape Chinese Communist rule.) He has been residing in the United States since 1984, primarily in the Ann Arbor area. During his time here, he has been committed to teaching Western students, and to bringing Buddhist spirituality into lay life. He, himself, has not been a monk since 1963.

Rinpoche has emerged as one of the very important Tibetan Buddhist spiritual leaders currently teaching in the United States. The community which he founded, Jewel Heart, is rooted in Ann Arbor, where it has hundreds of members, but it has grown to include centers in a number of American cities, as well as in Asia and Europe.

I met with Gelek Rinpoche on a cool, clear October day, at Jewel Heart. We sat in the meditation room, which is richly appointed with thangkas, statuary, photographs of respected Tibetan Buddhist teachers, colorful pillows and cloths, and ceremonial objects. Rinpoche was wearing a bright orange shirt, and he was welcoming, in his own relaxed and yet courtly way. Rinpoche talks quietly and precisely, with a lilting expression in his voice. He laughs easily, and often. Tea and cookies had been set out for us, and we began the interview.

Gelek Rinpoche, founder and guiding light of Jewel Heart, was carefully tutored by Tibet's greatest living masters. A member of the last generation of lamas to be born and fully educated in Tibet, he now lives in the Ann Arbor area. He teaches Tibetan Buddhist principles of discernment, detachment, kindness and compassion to students in the West.

Bill Zirinsky: Thank you for letting me do this interview with you.

Gelek Rinpoche: Thank you for interviewing me (laughs).

Bill Zirinsky: I wanted to learn more about your biography, your personal history, in addition to talking about some of your teachings.

Gelek Rinpoche: Okay.

Bill Zirinsky: There are many people in southeastern Michigan who read *The Crazy Wisdom Calendar* who are not part of Jewel Heart, but nonetheless have a keen interest in you and in your life, and in Buddhism, and may not know much about your personal background. So, would that be an appropriate place for us…

Rinpoche: No, no, no. It is no problem at all. Whatever you want, I'll be happy.

Bill Zirinsky: I was reading one of the bound volumes that you sell at the Jewel Heart store, which consist of transcripts of some of your talks – that one was called *Odyssey to Freedom*. I found it very interesting, you speak so articulately, and the transcript captures your speaking style. On the back of the transcript I read that you were born in Tibet in 1939.

Gelek Rinpoche: Yes, I was born in Tibet, and the year happens to be 1939. As a matter of fact, tomorrow is my birthday, the real birthday.

Bill Zirinsky: Well, happy birthday.

Gelek Rinpoche: Thank you.

BZ: Do they celebrate birthdays in Tibet?

Rinpoche: Some people do; some don't. Some people do on their birthday and many of them treat the changing of the year, New Year's Day, and many treat the changing of the year on the Winter Solstice as a birthday. A few people celebrate their real birthday.

BZ: I was wondering, do you get days off?

Rinpoche: Me personally? I think I'm off all the time (both laugh). I don't have to go to 9 to 5 office work, so I'm off all the time (laughs).

BZ: I read somewhere that you were born in Lhasa.

Rinpoche: That's right. I was born in Lhasa. Fortunately I belonged to a very good family. A family that was known – it's not the *family* that was known, it's my father who was a very well known reincarnated Lama. He happened to be the Regent of Tibet a number of times between the Dalai Lamas, between the seventh Dalai Lama and the eighth, and then again ninth and tenth or tenth and eleventh.

BZ: So previous incarnations of your father were the Regent for the young Dalai Lamas?

Rinpoche: Yes, the Regent for the Dalai Lama's administration. When the Dalai Lamas were young or not there, the Regent functioned. So he happened to be the Regent for a number of times – four times or something – between the seventh and thirteenth.

BZ: So you were from a prominent Tibetan Buddhist family?

Rinpoche: That's right. Prominent Tibetan Buddhist set-up or whatever (laughs). I am not sure whether *family* is the right word or not. I'm not sure. My father also happened to be the nephew of the 13th Dalai Lama. So that's why a "prominent family" – that's good. So, into a prominent Tibetan family I was born.

BZ: And were you in those early years raised in a village or in the city or in a small town?

Rinpoche: The City of Lhasa, which is a village when we look at it now. We call it the city of Lhasa, I lived in Lhasa proper. The first thing that I do remember is I am the candidate for the Panchen Lama. I don't know how many kids – probably hundreds of them – they shrink the list into 25, shrink it to 20, 15, 10, 7, 5. I happen to be the fourth one. For a long time I was a candidate for the Panchen Lama selection.

BZ: Were you a four- or five-year-old boy at the time, or older than that?

Rinpoche: Younger than that, probably one or two or three. Then the Panchen Lama selection finally falls to two kids, from what I understand – two kids, one in China and one in Eastern Tibet. So the Tibetan government then, not now, wants it to be the boy from Tibet. And the Panchen Lama's retinue in China would like it to be the boy from China. Then I was dismissed from the list and then I believe I was considered for a couple of different well-known incarnate Lamas. Finally I landed on whatever I am now (laughs). I saw last year my father's photograph had been published by a magazine in China and saw in there a photo of myself as a child, wearing monk's robes.

BZ: Age six or…

Rinpoche: It looks like four.

BZ: You hadn't seen those photos…

Rinpoche: I hadn't seen those photos at all until recently when the Chinese published my father's photos as the first photographer of Tibet. So a lot of photos survived the Cultural Revolution and among them they published this photo of me as a child. And it says, "Living Buddha of Drepung Monastery" (laughs). So that is how the Chinese perceived it.

BZ: That could be thought of as quite a burden for a four-year-old.

Rinpoche: I don't know whether it is a burden or pride or…I don't know… I don't remember very much, but I don't remember it being a burden. Kids want to be center stage and I had that, in my childhood. Now I don't want to be the center of attention; I want to avoid it. But *then* I wanted to be the center of attention. And I don't remember it being a burden. I was unhappy when I was told I'm not the Panchen Lama, I do remember that.

The Crazy Wisdom Interview with Gelek Rinpoche (continued)

BZ: You were old enough to remember that?
Rinpoche: I do remember, whether I was old enough or not I don't know.
BZ: I read that your father had a monastery.
Rinpoche: Yes, he had a number of monasteries, a number of monasteries.
BZ: Do you have brothers and sisters?
Rinpoche: I do. I have four brothers living in Tibet and one sister in Washington.
BZ: Are either of your parents alive?
Rinpoche: No. My father died in 1973, just coming out of the Cultural Revolution. And my mother died from torture and imprisonment.

> Fortunately I belonged to a very good family. A family that was known – it's not the *family* that was known, it's my father who was a very well known reincarnated Lama. He happened to be the Regent of Tibet a number of times between the Dalai Lamas…

BZ: During the Cultural Revolution?
Rinpoche: During the Cultural Revolution, yes, that's right. My parents did not have a problem in 1959, and 1960 and 1961. They survived – not a good way, but they just managed. But during the Cultural Revolution – and of course he happened to be one of the highest incarnate Lamas available in Tibet – so naturally he was a big target. No doubt about it. And in addition to that, the Chinese discovered certain correspondence that had been maintained with His Holiness the Dalai Lama in India. So they accused my family, they accused him of being the Dalai Lama's agent, and therefore a Western agent. So my mother said, "He knows nothing. It's all me." So she received very serious punishment – very, very serious.

From what I understood later, she tried to commit suicide three or four times in the prison. She failed. It's not a 'prison'. It is a very strange set-up. It's called a house, but it's really a prison. You have 24 hours, including at sleeping time, there are two or three people with you, and they will wake you up. They will not let you sleep, they will torture you, they will beat you, they will do all that. She used to have long, long hair and they said she had the same hair when she went under house arrest. Later, her hair was shorter than you and I have it. They would grab her hair, beat her up, hang her upside down, and they hung her from the ceiling with her hair and all that type of thing. She used to have a jade bangle she couldn't take off because she had put on a lot of weight, so they dragged her up and down with the jade bangle. So finally she told a friend of mine that she had been able to bang the bangle against the wall and break it. They used her hair after that. She went through a very, very hard time. She was released before she died – three or four days before – but then they said she was totally unstable. She didn't know what she was saying, she tried to jump through the window, she tried to jump into boiling hot water, tried to put her head in it, all that type of thing. She was totally insane, gone crazy completely.
BZ: They drove her crazy.
Rinpoche: They drove her completely crazy and they said her body had so many scars and so many things. And her hair that reached to the waist had gone shorter than – I mean, you have very short hair and I have very short hair, and they say shorter than this. Which means almost pulled and all cut up. Can you imagine hanging a person by the hair? She was very heavy, extremely heavy.
BZ: I can't imagine it. It sounds like she suffered greatly.
Rinpoche: Yes, she did. But she took total blame, saying that my father had nothing to do, it is all me in his name. So whether it is true or not, she took the blame. That's what she did.
BZ: And your father, what happened in his path then?
Rinpoche: Well, during the Cultural Revolution period, he was not under house arrest. He was left alone in his house, but it was a very severe observation. In other words, he could not close his bedroom door, he could not close his quarters. They took him out of his big house and gave him a small quarter, like a three to four room quarter, and he had to leave all doors open. Somebody would come in the middle of the night and check whatever they were doing. He was not physically tortured, but on the other hand I have a photograph that shows that they dressed him up in one of those "protector's" robes and took him through the main street.
BZ: The way they did with many people…
Rinpoche: Many people…
BZ: …paraded him through the streets…
Rinpoche: Paraded him, and all sorts of older Tibetans, old nobility, incarnate Lamas, head of monasteries, and business people. All of them were paraded. My father was the first one in the parade, even before the ex-cabinet minister. He was the first one and he was with my mother. So mother was dressed up in the usual ceremonial dress, carrying a tray, which had her jewelry, relics, and watches – that type of thing. My father was dressed in the protector's robe, and they took him through the streets. At that time they might have kicked him a couple of times, but actual physical beating they didn't do to him and they didn't lock him in. However, he was kept in his home and he could not close the doors. He had to leave his doors open 24 hours. Anybody could walk in.
BZ: It was a very intrusive house arrest, where they harassed him and kept him awake and psychologically abused him in a sense.
Rinpoche: That's right. No physical beating. Otherwise he was kept in his home, he could not lock the doors. They were open for 24 hours.
BZ: Were you, more than your brothers, considered to be an incarnation of a holy Tibetan and your brothers were not, and so you were educated differently than your brothers?
Rinpoche: I am the oldest of all and my next brother is 10 years younger than I am. When I left Tibet I was 20 years and my brother was only 10.
BZ: Ten and younger?
Rinpoche: Ten and younger, that's right. So I can't answer that question. However, one of my brothers is also considered to be an equally important incarnate Lama. So, it was a funny thing. I was recognized as a different incarnate Lama and I joined Drepung Monastery. I studied in Drepung Monastery in Lhasa, up to 20 years of age, and then I fled Tibet. I continued to be in the monastery in India for about four or five more years, that's about it. And then I became a lay person.
BZ: From the age of 6 until 20, were young Tibetan monks like yourself meditating and studying and being educated in Buddhism for many hours a day?
Rinpoche: It depends on the person. Not all kids in the monasteries are that educated. Most of the incarnate Lamas had it different. But I had a very different situation because education was a first priority for me. Education and meditation were first priorities for me, so I really had a 24-hour education from the age of 4 through 20. Really, 24-hours a day. Even after coming to India, my education continued in Dharamsala, so it's almost from age 4 to 24, except the one year that we had been traveling – escaping from Tibet to India.
BZ: Were you traveling on your own or with a group of people? I know many people were leaving the same time you…
Rinpoche: A group of other people with me. There were like 25 to begin with, and then finally it came to four or five, so when we landed in India we had five or six people, maybe seven people.
BZ: Were you in danger at all, or were you…
Rinpoche: A couple of times, yes. But not all the time. A couple of times we encountered the Chinese soldiers here and there – very, very close. But not so much.
BZ: And then you arrived in Dharamsala?
Rinpoche: No, I arrived in India, the northeast frontier of India, and spent a couple of months here and there with different Tibetan refugee camps. Finally I landed in a place near the Bhutan border called Buxaduar, where all senior monks of all three great monasteries were sent. So I was sent there as well. Not only the three great monasteries, but monks from all the sects – nyingma's, kagyu's and sakya's – were sent there. Sort of a small camp, which used to be the prison that was built for India's Independence Movement. It had been used to imprison people who were arrested by the British colonial government. So that was the place. And so we were sent there.
BZ: A place for political detainees?
Rinpoche: Political detainees, yes. And we were sent there. It's not a very big camp. I don't know, maybe about 1000 or maybe 1500 or something like that – maybe a little more. I am not good at numbers and dates. I am very bad on numbers and dates (laughs). So I was there about a year and then I moved to Dharamsala. When I moved to Dharamsala, there was a grant from the John D. Rockefeller III Foundation for saving the Tibetan culture and religion. Under that grant, the Dalai Lama and his teachers selected 10 of us to continue to study and teach in Dharamsala. Out of 100,000, 10 of us were selected.
BZ: The grant provided for you to be further educated…
Rinpoche: A complete education and training for teaching. That was only 75 rupees per month, which is not very much. But at that time, you could live on it. So that is how I landed in Dharamsala.
BZ: So, in a sense, as a young man you were being given a stipend to live and pay for your food and to continue learning to become a teacher?
Rinpoche: That's right, for the preservation of that culture. For both purposes – to teach to the Western people, universities, or whatever. What the Rockefeller Foundation really did was give a dual grant; one grant they gave to the Tibetans in Dharamsala, to the Dalai Lama, to continue, and another grant was given to the universities to hire us.
BZ: Universities in India?
Rinpoche: No. Universities throughout the world. Many of us went to Germany and a couple of us went to other places, like Seattle.
BZ: And Chogyam Trungpa went to Oxford, in England?
Rinpoche: Trungpa is different. Trungpa is a good old friend of mine. There is a woman named Freida Bedi. She was British, married to an Indian political leader, so she got that Bedi name – Freida Bedi. She is also the mother of this actor called Kabir Bedi, an Indian actor. So Kabir Bedi's mother. She was very interested in the Tibetans. She took an interest right from the beginning. She was a very close friend of Nehru, the first Indian Prime Minister. So she came a couple of times to the Tibetan camps way before we moved to Buxaduar, to prepare the Tibetan kids to receive Nehru. So they all taught the kids to wave to the Indian flag and sing, "Cha Cha Nehru, din ba ba". That means "Uncle Nehru, victory, victory, Uncle Nehru." She taught them all this. And along with that, she was looking out for the Tibetan people who were coming through the Tibetan refugee camps. Tens of thousands there – it's almost because of her. So she is looking through and she took an interest in me and the Trungpa Rinpoche. Trungpa Rinpoche and I were her favorite young Tibetan Lamas.

So she used to send me a little money here and there, give extra quarters and things like that. And to Trungpa. Trungpa Rinpoche was not sent to Buxaduar, he went to Kalingphung; and I was sent to Buxaduar. She traced me and she traced Trungpa Rinpoche. So she found me in Buxaduar. She came to Buxaduar to visit. And then she wanted me to come to Delhi to her house. She wanted me and Trungpa brought to her house and kept in her house. But at that time I was asked to go to Dharamsala, so I chose to go to Dharamsala. And Trungpa Rinpoche straight away went to her place in Delhi. So then she occasionally asked for a holiday for me to come and visit her in Delhi. So from Dharamsala I went very often to Delhi to have a holiday in her home.
BZ: I imagine you would have gotten exposure to the larger world through someone like her?

> I hadn't seen those photos at all until recently when the Chinese published my father's photos as the first photographer of Tibet. So a lot of photos survived the Cultural Revolution and among them they published this photo of me as a child. And it says, "Living Buddha of Drepung Monastery" (laughs). So that is how the Chinese perceived it.

Photo by Linda Lawson

Rinpoche: She was the window. She wanted to bring up me and Trungpa Rinpoche. Whenever I went to Delhi, she tried to teach me English and let me read. She did all that. She tried to teach me mathematics. She didn't put too much effort on that; she put her efforts into teaching me English. She would say things like, "I am standing," "I am sitting." She had a matchbox and pulled it out. "The box is open," The box is closed." Trungpa Rinpoche speaks much better than me because he'd been there with her all the time. But I probably had – on and off, if you put all the times together – I probably spent about six months to a year in her place.

BZ: So you were a frequent house guest.

Rinpoche: *Frequent*. She treated me as a member of her family. She tried to make me Trungpa Rinpoche's brother, which didn't work (laughs). Somehow we didn't pick up that projection at all! It was never in the Tibetan old system and we didn't get it. In those days, Trungpa Rinpoche was a very strict monk, who wouldn't eat in the afternoon, who did not do anything of that sort. He was a very, very strict monk in those days. So that's how I know Trungpa Rinpoche. He's a very old friend. We had to sleep together – we had to share the same bed, in other words. We didn't play around or anything (both laugh).

BZ: He became less strict as the years went on, I guess.

Rinpoche: Yes, I hadn't seen him for many years. When I first came to America in 1984, on the invitation of Aura Glaser, from Crazy Wisdom, Aura and Sandy Finkel… at that time Trungpa Rinpoche contacted me.

BZ: How did that happen? That was one of the questions that I wanted to ask you. How was it that Aura Glaser met you?

Rinpoche: Aura and Sandy were young women traveling and living in India. They landed in Dharamsala and were studying Tibetan Buddhism. I happened to visit Dharamsala one day and this big guy named Bruce Wilson, who I know, and this young woman, who I don't know, were standing near the library, having peanuts and chatting with Mel Goldstein, a friend of mine. I said hello as I passed by. The young woman offered me peanuts and I took a few and stopped for a few minutes. The young woman happened to be Aura. We were introduced and then I went away. Then, a couple of months later, Bruce showed up with Sandy in Delhi. So that's how I met both Sandy and Aura.

BZ: At that point in Delhi, we're talking maybe 1980 or 1981?

Rinpoche: I don't know. You better ask Aura the date, because I am terrible with dates. *(Editor's note: Aura Glaser confirmed that Rinpoche was talking about late 1980 and early 1981.)*

BZ: So you were already – we've skipped some years in there – but at that point were you in Delhi, did you have a community of students, or were you working practicing as a…

Rinpoche: I was working for His Holiness. I set up the cultural center called Tibet House in Delhi. I was the secretary general of that organization. Then they fired me.

BZ: They fired you?

Rinpoche: They fired me. They didn't fire me, they were making jokes, they kept me there without responsibility. So we used to make jokes saying, "Minister without portfolio." (laughs) So as a consequence of that, the government of India noticed that and they asked me if I would like to teach the Tibetan language to a couple of Indian officers. So I said, "Well, His Holiness has not fired me yet, so you want to talk to His Holiness." So they said, "Yes, we can." So they talked to His Holiness and they asked His Holiness, "Would you loan him for 18 months to teach a couple of Indian officers the Tibetan language?" So His Holiness said yes. So, I was teaching the Indian officers…

BZ: Military or political officers?

Rinpoche: It was a mixture. There was one four-star general, a couple of colonels, about 11 or 13 majors, and there were a lot of civilians too. So they were all taken out of office. They didn't have to go to the office; they had no responsibilities. They were put there for 18 months to learn the Tibetan language, including the general. So here was a general, civilians, everything – no office, except learning Tibetan. And each one of them when they passed quarterly examinations got 100 rupees extra every month. The increase was a very big incentive. And when they were done with 18 months if they could get up to a 60% mark, they were going to get 100 rupees extra for the rest of their lives. If they got a 70% mark, they got 200 extra. If they 80%, they got 300 extra.

BZ: And why was the Indian government so interested in teaching these ranking officers Tibetan?

Rinpoche: I think because of the 1962 border problem and the communications and all this. So for 18 months I had to teach those officers. So at the end of the 18 months, I don't think that the general had scored 60% (laughs). I don't remember. I do remember there was a lot of political pressure and the director of the school came to talk to me, saying that you cannot fail the general and all that type of thing.

BZ: You have to pass the general.

Rinpoche: There were non-commissioned officers – three of them – who really became very fluent and read and all this. They got the highest marks; they probably got 98% or something. The general might have gotten 60-something.

BZ: This was after you had been working as the Secretary General for the Tibet House in Delhi?

Rinpoche: That's right.

BZ: And is it at that point that Aura came to the Tibet House?

Rinpoche: No. I think it was either during that period or a little after, after the 18 months I had been working with the Indians. At the same time, the Indians wanted me to head the Tibetan Language Broadcast System.

BZ: Radio?

Rinpoche: Radio, yes. They had that since the 1950s. They wanted me to head that and improve that.

BZ: Was the radio broadcast just for the Tibetans in the refugee camps or to broadcast into Tibet?

Rinpoche: To broadcast into Tibet.

BZ: I see. Kind of like a Voice of America.

Rinpoche: Like a Voice of American type of thing.

BZ: So that they would get genuine Tibetan news that they could not get from the Chinese…

Rinpoche: That's right. Our main target area was inside Tibet. Along with that we include the northern Himalayan region, Indian subjects who speaks Tibetan. So, all of those. So I think Aura and Sandy came during that period. Maybe even after that.

BZ: I will ask them.

Rinpoche: Then I was fired from that job too. Then I went to Texas in 1977. I almost stayed there, but they sent me cables, they sent me telegrams, they sent me letters, they called me…

BZ: They wanted you to come home.

Rinpoche: Come back. Even the Indian Embassy in Washington called me in Texas to come back, and I didn't go back. I had a three-week leave, and I might have stayed three or four months. I'd been fired there too (laughs).

BZ: You liked Texas.

Rinpoche: I like Texas.

BZ: So you came to Texas not because of Aura.

Rinpoche: That's right.

BZ: Something else drew you to Texas. You went and you liked Texas and you liked the United States…

Rinpoche: No. There was a healer called Norbu Chen. Norbu Chen was a very well-known healer, a very good healer. He claimed that his healing power was coming from Tibetan Buddhism. So he came to India to visit the Dalai Lama and the Dalai Lama's teachers. He came into contact with me in Delhi. I don't know how he came into contact, but he did come into contact with me. He came with a very famous and rich woman called Doris Duke.

BZ: Oh, Doris Duke! How interesting that your life would intersect with Doris Duke's life!

Rinpoche: Yes. Doris and he came together in Delhi, and they came and visited me. And since they came, as long as they were there, they showed up before I got up – early in the morning – and they would stay there until I went to bed, both of them.

BZ: Studying?

Rinpoche: No, chit-chatting, talking, making jokes, and all kinds of things. And finally, both Doris and Norbu Chen wanted to go see His Holiness, so they wanted me to go with them. So I went with them to see His Holiness, and I went with them to see His Holiness's teachers – very famous teachers, Trijang Rinpoche and Ling Rinpoche. So Norbu Chen asked Trijang Rinpoche to give him a big initiation, a kalachakra type of thing. And he gave a short one and he said, "The other one you should do in Texas." So then he invited him to come to Texas and he said no, "I am not going. Take him." So that is how I came to Texas.

Rinpoche: I was unhappy when I was told I'm not the Panchen Lama, I do remember that.

BZ: You were old enough to remember that?

Rinpoche: I do remember, whether I was old enough or not I don't know.

BZ: When you got to Texas, you must've found it…

Rinpoche: Well, I like Texans. I like it there. That doesn't mean that I'm going to vote for George W. Bush (both laugh). But I like Texas and I like Texans, and I like America on the whole.

BZ: When you got here, you liked America?

Rinpoche: I liked America from Tibet. When I came here first in 1964 to Cornell, in Ithaca, New York, and went back, the Tibetans in Delhi used to give a nickname to me, saying "American Rinpoche." I'm barefoot talking about America, so they called me American Rinpoche.

BZ: They already knew that you were…

Rinpoche: Very fond of America.

BZ: Attracted to America…

Rinpoche: Yes.

BZ: You had come here and been a student at Cornell for a semester?

Rinpoche: For one year. Four of us from India and two here, so six of us, I think, selected by both the Dalai Lama's office as well as by American officials.

BZ: Tell me about the relationship between the U.S. and the Tibetan exile community?

Rinpoche: The U.S. and Tibetan exile relationship today, and the U.S. and Tibetan exile relationship in those days, are different.

BZ: Very different?

Rinpoche: In those days, it was not an interest in Tibetan culture. It was not an interest for Tibetan spirituality. It was not an interest in Buddhism. It was not even an interest for the women's rights issue in Tibet. These days it's a genuine American interest, genuine American people's interest for spiritual reality, for women's rights, and all this. In those days, I don't think the interest was for women's rights or anything. It was simply…

BZ: …a geopolitical interest…

Rinpoche: Geopolitical, that's it, there you go. So, that's my background (laughs). Do you want to go a little more into detail or is that good enough for you?
BZ: What happened at a later point that Aura Glaser and you connected, and you came to Ann Arbor?
Rinpoche: Aura and Sandy asked me to give a big teaching, and so whatever they asked me, I did it. The teachings were in New Tibet House.
BZ: In New York?

BZ: Did that bother you?
Rinpoche: No. At that time, no. Only after America it bothered me.
BZ: What do you mean, only after America?
Rinpoche: When I got over here and I couldn't take credit for that. Then it bothered me. So, not 'til then.
BZ: Yes, this was major historical preservation…
Rinpoche: Major text. And now people look at the catalog and I say, "I did this." And they look at…

> **BZ:** Are either of your parents alive?
> **Rinpoche:** No. My father died in 1973, just coming out of the Cultural Revolution. And my mother died from torture and imprisonment.

Rinpoche: In Delhi. In New Tibet House, for about 30-45 days. We started every afternoon about 12-ish and we finished about 5:30 or 6:00. Aura, Sandy, plus there is one guy who is now in California — who speaks very good Tibetan and is a good musician, named David Molk — and also there were a number of others from the Foundation for the Preservation of the Mahayana Tradition teaching in Delhi at that time. So there were maybe about 8, 9, 10 people attending.
BZ: They had organized a 30-45 day program in Delhi that you were going to be teaching for Americans?
Rinpoche: Aura and Sandy asked me to give that particular teaching. We didn't talk about it that much, and a number of other people joined in. That's what it was. There was nothing organized. We just set up the time we would go there and then did it. So it was about, I think, about 30-45 days – I don't know. It was so hot. I remember, it was so hot. And Aura didn't have money, nor did Sandy. But Aura had a friend and they lived in the southern area. She walked in that heat. My God, it was the hottest time of the year and the hottest time of the day. So she walked from that place to Tibet House and walked back. Walking back it was a little cooler because it was after 5:00. Walking in was terrible; it was about 12:00 – midday. I mean, it was not a short walk. It was maybe 3 miles or more. She walked every day. And the temperature was 114 degrees or 113 degrees. And so I was amazed at her – what do you call it – endurance. I had a car to drive; she didn't. I had a car in Delhi to drive, but she didn't. She didn't have the money to get a bus or taxi or rickshaw.
BZ: So she walked every day…
Rinpoche: She walked, yes. So that was amazing, shocking to me. But I did not express my amazement or shock at all. Plus, she was sick. On top of that she was sick. So, that's what happened.
BZ: In those years when you were teaching the Tibetan language and before that when you were at the Tibet House, it sounds like those jobs were teaching language. In the Tibet House you were doing probably a fair amount of cultural outreach.
Rinpoche: That's right. I was the Secretary General. One of the major jobs for me was to identify the images, the thangkas, to see what it was and what it was not, and to accept or reject or buy all those – number one. And number two, to organize Tibetan spiritual books – organize them, catalog them, and all this. I did have a couple people working with me, but that was my major job. Plus administrate.
BZ: That job of cataloguing the books strikes me as a very important job in terms of the preservation of Tibetan history and Tibetan religious history, because you were, in a sense, in a race against time.
Rinpoche: That's right. And also those thangkas and images. So I produced the first catalog for the Tibet House collection, and the second and third catalogs. I did not get credit for the first catalog. You know why?
BZ: No, why?
Rinpoche: I didn't speak English well. So the catalog was credited to a guy who came from Burma – a Burmese Indian. And there was one translator. And so the translator and Richard Bartholomew got the credit. Not only that there were four or five great Tibetan teachers – really senior, well-known teachers – who worked with me. We didn't get credit (laughs). The credit went to Richard Bartholomew and the translator. The second and third catalog, I got credit, and the team got credit. But the first one, I had no idea what's going on (laughs).

BZ: They look for your name.
Rinpoche: There were many *big* Rinpoches involved: Trijang Rinpoche, Kalu Rinpoche, Luding Khenpo, Dudjom Rinpoche and many others were involved. Credit went totally to Richard Bartholomew (both laugh). It is so funny. But that's what they did.
BZ: In those jobs you were obviously doing important cultural preservation…
Rinpoche: …and religious too…
BZ: …cultural outreach and religious. Were you also teaching spirituality at that point?
Rinpoche: Not until 1975. In 1975, I began to teach. Until then, I was doing a lot of cultural things and religious things, but the teaching was the last thing I wanted to do. I was against everything. I am sort of a late teenage rebel.
BZ: A late teenage rebel, sort of?
Rinpoche: Rebellion from my tradition.
BZ: Well it's understandable. In a sense, from the time you were a little boy you were being inculcated to be a Buddhist monk and to be a Buddhist teacher.
Rinpoche: That's right. I was always looking for things, but there were all these great teachers – and particularly these two, Ling and Trijang, along with the Dalai Lama – somehow kept me, even when I was running around completely, somehow they kept me. Even the jobs that I got. I had to get a job because I had to eat and I had to live. So the jobs that I got, including the head of the Indian Broadcast System, all of them they manipulated somehow. Manipulated, influenced, and kept me working on bringing in the spiritual things, all the time. So, a job in Tibet House, working here, teaching the Tibetan kids – all of those – even before I went to America in 1964, I was a religions instructor for the Tibetan kindergartens and a religions teacher for the Tibetan junior high and high school.
BZ: So you were always keeping your foot in the door…
Rinpoche: Not me, they, they were always making…
BZ: They were always…wherever you were placed they still wanted to make sure you were within the Tibet world and in the spiritual…
Rinpoche: …spiritual teaching positions. They made sure that I remained in that.
BZ: They didn't want you to get too far afield.
Rinpoche: That's right. They let me go, they didn't say anything, didn't do things like that, but whatever the jobs, the responsibility that I fell under – I'm sure these guys were behind those. It was very chilly one day and I got an assignment from the Dalai Lama's exiled government – something to do with a pure political thing. I was very excited about it because I very much wanted to get into politics and things like that. And I went in and saw one of those teachers. So I talked to him and he was a little surprised that I got that position, and I found the next day that my position was changed back to teaching (laughs).
BZ: It had been withdrawn.
Rinpoche: They told me there was a slight change. They never told me the reason. I said, "What is the reason?" They said, "I don't know." The guy really didn't know. He said it was something to do up there, referring to the Dalai Lama. Even that assignment was changed overnight after telling them I had gotten it.
BZ: You were excited about joining the political world, and the next thing you know, you weren't.
Rinpoche: So since then I've kept myself away from political life.
BZ: During those years, from 1960 to 1975, when you had other kinds of worldly jobs, did you continue to meditate?
Rinpoche: Oh yes. I did not break my commitment or anything. But I was against being a teacher and teaching. I was against being a Lama, being an incarnate Lama – period. I changed my name from the incarnate name to Ngawang Gelek. I didn't purposely change it, but something happened in Dharamsala. And I didn't want to be called Rinpoche and that type of thing. So I preferred to be called Ngawang Gelek rather than Rinpoche in those days. Now I prefer to be called Rinpoche (laughs). *Change of times.* So, anyway, I was running away and they kept me in. Even my jobs had to be teaching Buddhism – in a school or religions instructor or something like that category.
BZ: Were you living a non-monastic life in India?
Rinpoche: Yes. Since the age of 24, I'm no longer a monk. I liked to drink, I liked to smoke, I liked to try things I couldn't do as a monk. Everything you're not supposed to do, I liked to do, and I did it without any sort of hesitation. I didn't indulge in non-virtuous acts like killing, stealing, or that type. But I liked to be involved in drinking, smoking and…
BZ: …some hedonistic activity…

Photo by Linda Lawson

Rinpoche: Yes. And I always tried to do a little business, and it was never successful. Never successful.
BZ: You started a few little businesses?
Rinpoche: I started a lot of businesses and was never successful. You know why? Number one, I don't have so much capital and number two, whatever money I make, I spend it. So I can't continue (both laugh).
BZ: Jewel Heart certainly appears to be successful; it's not a for-profit business, but it is impressive as a Buddhist learning center and as a cultural foundation.
Rinpoche: At that I have been successful throughout my life – Tibet House, everywhere, whatever I started. It's always successful that way. But if I go pure business, I better get out of it. If I have to keep the money, I'm terrible. I spend it. Wherever the money is, it doesn't matter. I spend it. And I don't have it (both laugh).
BZ: I'm sure that makes you a good teacher on the subject of money.
Rinpoche: I don't know, terrible. I'm not a successful

businessman. I'm not a successful politician, but I'm very interested in politics, very much. I even take a great deal of interest in American politics.

BZ: I was going to ask you about that. I am also very interested in American politics. Do you follow closely the American presidential race?

Rinpoche: Oh yes. Are you kidding?

BZ: Is there one of the candidates that you think is more likely to alleviate suffering?

Rinpoche: No, none of them this time. I don't see much difference between Gore and Bush, truly. Except one accepts abortion, the other is against and one would like to continue the Social Security as it is, the other would like to throw the Social Security – some of it – into the private sector. And what else? There's not that much difference between the two really, unfortunately. And Gore is supposed to be Ozone Man. Reagan called him Ozone Man, remember? But he didn't do much for the environment either. Now Gore was only vice president, but he didn't do that much.

BZ: It seems to me that Gore is having a hard time being himself.

Rinpoche: I don't think so. I don't buy that. This is because too many advisers are advising him, and I'm sure they are really sort of talking to him all the time and pushing him to the right extreme and the left extreme...the guy is completely confused. That's what it is.

BZ: He's getting buffeted by both...

Rinpoche: Yes, by all his advisers, and he doesn't even know what to do.

BZ: On the other hand, my feeling is that no man since I became aware of politics – 40 years – has been less deserving of the presidency than George Bush in terms of his life accomplishments.

Rinpoche: You mean no man is?

BZ: No man who has run for president as the Democratic or Republican party candidate, in the last 40 years, has done so little until he reached the age of 40, as George W. Bush. His father at least had a substantial record in government, and had major accomplishments...

Rinpoche: What did he do?

BZ: His father?

Rinpoche: Yes.

BZ: His father had been head of the CIA, he had been a vice president for eight years...

Rinpoche: And he was also the U.S.'s first Ambassador to China.

BZ: So he had real experience (Rinpoche laughs). I just think that the younger Bush...

Rinpoche: He has been twice the governor of Texas, and that is his experience.

BZ: That is his experience, yes.

Rinpoche: Very little.

BZ: Very little experience, yes.

Rinpoche: But he is also very empty headed.

BZ: Empty headed? That's what I think, too.

Rinpoche: Completely empty-headed; however, his head can be filled with bad advisers and I think they like that.

BZ: Like Reagan.

Rinpoche: Like Reagan. Yes. You said it (both laugh). But on the other hand, I couldn't believe it. We have compared his experience and Gore's experience. I don't like Gore. My conscience cannot vote for him. I would love to vote for Ralph Nader; however, that would be a waste of my vote.

BZ: I feel exactly the same way.

Rinpoche: That would be a waste. Not only will it waste it, it will also get Bush elected. If Bush is elected, there will be big changes – the Supreme Court judges, the choices will not come, the Roe vs. what is it?

BZ: Roe vs. Wade.

Rinpoche: ...and death penalties introduced in the states will be maintained if Bush is elected president. If Gore is elected president, one Supreme Court judge appointment will strike down all of those death penalties everywhere. And anti-environmentalists. The oil people are going to make a lot of money if Bush is elected. Bush and Cheney, are you kidding? Both oil men, Texan oil guys, so...

BZ: They really are about supporting corporate priorities.

Rinpoche: Corporate in general and particularly oil. It is almost the same old Bush team that will come back.

BZ: That's his father's team.

Rinpoche: His father's team.

BZ: Like Powell and Cheney...

Rinpoche: Cheney was already on his team as a defense secretary; he will be vice president. And Colin Powell may or may not join his cabinet. Colin Powell has his own integrity, too. But the secretary of state during the Bush period...

BZ: James Baker...

A Visit With Jewel Heart's New Director, Bruce Conforth

Photo by Linda Lawson

Bruce Conforth has had a passion for everything Himalayan for a very long time.

Jewel Heart has been growing significantly in recent years, and with that comes organizational and administrative challenges. There is, in particular, the challenge of being a spiritually-based organization relying on mostly volunteer efforts, and at the same time having an expansive vision of providing humanitarian, cultural, environmental and educational programs to people in this region, and in general.

In December of 1999, Bruce Conforth had been working for three years as a Dean at a branch of Penn State in Williamsport, Pennsylvania, and he was ready for a change. Already a student of Gelek Rinpoche, he was about to leave for a one month trip to Nepal, for a hilltop monastery, where he was going to spend the coming of the new millennium, when he saw an ad for the job of director of Jewel Heart. He hurriedly made out his application, and left for Nepal. When he returned, there was a message on his answering machine that they wanted to interview him.

"They needed someone with fund-raising experience, with administrative experience, someone who would be here, and I was a practitioner, also." Last March, Jewel Heart hired Bruce Conforth to become its director.

For Bruce, it is a very nice fit. "From the age of 2, something drew me to the Himalayan region and culture." At 12, he read and re-read *The Tibetan Book of the Dead.* "I can't tell you how much I retained, but I have a great affinity for the art, philosophy, religion and even the geography of the region."

Conforth grew up in Patterson, New Jersey, which was also Allen Ginsberg's hometown, and where Ginsberg's father was an English teacher. (Ginsberg became the best-known student of Gelek Rinpoche, and regularly visited Ann Arbor to see Rinpoche, and to participate in fund-raising events for Jewel Heart.) As a very young man, he used to go to Ginsberg's poetry readings *all the time*, and there's some pleasing synchronicity in that connection.

Conforth has had a rich and varied history. He was a painter as a young man, apprenticing with Willem de Kooning. Later, he played in a rock band. There was a time in his life, he says, when he was "spiritually promiscuous" but he has been most deeply drawn to Tibetan Buddhism.

Among a number of very interesting career turns, Conforth (who received a doctorate in transpersonal anthropology) was the director of Indiana University's Archives, which was an historical collection; and he was the first Curator and Director of Education for the Rock 'n Roll Hall of Fame, in Cleveland. In that job, he helped to raise $94 million, and worked with musicians, politicians, music companies and others to create the collection, and to turn the project into a reality.

Conforth hopes to be a help in turning the Jewel Heart vision into new projects, new realities. In the coming year, he says, Jewel Heart will be announcing exciting new service projects, and will also be turning the Jewel Heart building on East Washington Street into a "model green building."

"Jewel Heart has been here now for awhile, but in a sense, Jewel Heart is still nascent, still giving birth to itself," Conforth says. Asked how it is that Jewel Heart does such a good job of presenting and packaging itself, of seeming so sophisticated and yet earthy and tasteful, Conforth answered, "A lot of that has to do with Gelek Rinpoche. He has the great spiritual mastery but also there's a certain taste, discrimination, a certain demeanor that is elegant, that is professional, and those are things that are a part of Rinpoche, and who he is." He added, "It's a lot more complex than that, but Jewel Heart, in all of its manifestations, *is* a reflection of Rinpoche."

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The Crazy Wisdom Interview with Gelek Rinpoche (continued)

Rinpoche: James Baker, I'm quite sure, will be an important foreign affairs guy if not secretary of state again. And things like that. So all of those people will come back and (both laugh) be the same old Bush. It is almost like going back eight years, except it's father and son. It's going to be a Bush corporation with the son as the head instead of the father.

BZ: I was reading a very interesting piece, maybe four months ago or five months ago, by Kevin Phillips, who is a Republican theorist. He wrote that these restorations, whether it's John Adams and John Quincy Adams, or the French Napoleonic restoration, they're never successful. In restorations, there is an effort to restore what had been taken away, and Phillips wrote that they usually dissipate over a few years, that Bush really is not running as his own man.

Rinpoche: Definitely not. What's going to happen is if Bush gets elected, people are going to be very upset immediately, within a couple of months. There are going to be a lot of difficulties and troubles. In two years, the Democratic Party will take over the Senate and the House if Bush is elected. If Bush is not elected, you never know. If Bush is elected, that's what's going to happen. They may even get it, the Senate. It depends on whom they're going to elect from Missouri.

BZ: That's right, Carnahan. Do you think that either of the two parties is better when it comes to policies about Tibet?

Rinpoche: No. Gore and Clinton had quite a close relationship with the Dalai Lama. The father of Bush did meet the Dalai Lama; however, I think George W. Bush will have a very close relationship with China – no doubt about it.

BZ: Let's go back to how you came to Ann Arbor. You were teaching this program for about a month in Delhi…

Rinpoche: A month, maybe longer. I'm not so good with dates and numbers. So then Sandy and Aura left…

BZ: Well you're maybe not so good with dates and numbers, but here you are talking about Mel Carnahan, the deceased Senator from Missouri.

Rinpoche: Well, I know what's happening. By the way, do you think Hillary will be elected?

BZ: Yes, I do. I think she will be.

Rinpoche: I think so, too.

BZ: She seems to be ahead in the polls ever since Lazio came out from behind his lectern and invaded her space. I think she'll be great in the Senate.

Rinpoche: She will be great.

BZ: She will be a real advocate.

Rinpoche: And probably, if Gore loses this time, she will probably be running for president in four years.

BZ: But so many people dislike her so much.

Rinpoche: That's true. At the same time, so many people like her, too. You really have to see that. You know the half-empty glass is half full. So, many people dislike her, but so many people like her.

BZ: But the risk there is that she inflames a lot of passion, and I guess I'm always concerned when somebody from the progressive side of politics really excites people – at least in terms of American history over the last 30 to 40 years.

Rinpoche: You know that anti-Clinton thing will die out in four years' time, it will quiet down. And provided she doesn't take so much of a front role in the Senate, if she keeps low key, and then if she runs in four years, she could be the first woman president.

BZ: You're saying if she doesn't take too high a profile?

Rinpoche: Too high a profile in the Senate.

BZ: If she's not too strident?

Rinpoche: Yes, if she's keeps a little low key, everybody will feel a little comfortable. If everybody has to feel that "I have to compete with her all the time", then we won't like her. She is very good, but she is not elect-able. She is very, very good. She knows and does much more than Bill Clinton, but Bill Clinton is very elect-able. She is not.

BZ: She is not as human and personable. She doesn't show her vulnerability the same way he does.

Rinpoche: That's right. She could be the first woman president, if Gore loses this time. But if Gore wins, she could not run against Gore in four years' time. She has to wait another four more years – eight years.

BZ: I am also excited about her becoming a senator.

Rinpoche: I'm looking for her to become a president one day. She could be the first woman president. Anyway, we were talking about Aura…

BZ: My readers will be disappointed if I don't ask you some spiritual questions. If I only talk about politics…

Rinpoche: I know.

BZ: You were talking with Ram Dass, and I came. *(Editor's Note: In October, Jewel Heart sponsored an evening called "Gelek Rinpoche in Conversation with Ram Dass" at the Power Center in Ann Arbor.)*

Rinpoche: That's right, you were there.

BZ: You jokingly said, "If I don't accept my reincarnation, I lose my job." (both laugh)

Rinpoche: I say that very often. I said that when I had a *"Conversation with Spalding Gray"* in New York. I did that same thing.

BZ: Who are you a reincarnation of?

Rinpoche: Well, there's an abbot of the Gyuto Monastery called Tashi Namgyal. So they recognize me to be the reincarnation of that abbot. There's a very long story about that separately. You will probably read it when my book comes out.

BZ: You are writing a book?

Rinpoche: Yes. About five years ago a couple of publishers approached me. I didn't have a proposal. A couple of publishers from New York approached me with the advance check in hand, "Would you like to write?" "Would you like to write?" "Would you like to write?" So one of them happens to be a friend of mine too, and also the check was bigger, fatter (both laugh). So I accepted. So then three years passed and I hadn't provided anything for them.

BZ: Did they want their advance back?

Rinpoche: They immediately, an automatic sort of thing, renewed my contract with them. However, this is now the end of the second renewal. As a matter of fact, I'm going into the third renewal now. They were telling me I better write something or I have to return the money. So I started looking through my house. Can I sell anything here to give the money back (both laugh). And there was nothing that I could sell and get that money to give them back.

BZ: Good. You must write the book now.

Rinpoche: I put a little time in with a writer in New York because my English is terrible. I also went to Italy for about 10 days – the Tuscany area, without any distractions, and we tried to finish that book – and at least we have a draft now. It hasn't been edited or anything, so it's going to go to the editor of the publishing company, hopefully, in December. Then it may come out.

BZ: Are you being published by Shambhala or…

Rinpoche: No. I decided on Riverhead. They published the Dalai Lama's *Art of Happiness*, and it's a part of Penguin. Wisdom and Shambhala had approached me about ten years ago.

BZ: Riverhead is a good publisher for a book by you, I think. I think Riverhead is a good publisher for certain kinds of books on Buddhism that would be of interest to a wide range of people; if you were published by Shambhala or Wisdom, your book would be more narrowly marketed.

Rinpoche: Wisdom approached me many years, but they didn't give me a check (laughs). So did Shambhala many, many years ago. Riverhead gave me a three-year grace period.

BZ: From my experience in book publishing, that happens a lot. In December you're going to…

Rinpoche: I'm going to hopefully hand over the first draft. That was more or less on reincarnation. Basically, I'm talking about good life, good death in that book. I don't know what the title is going to be; I have no idea.

BZ: I saw in the Jewel Heart newsletter, which is called *From the Heart*, that you had given a talk on "Good Life, Good Death" up in Petoskey. Can I ask you something about that?

Rinpoche: Yes, go ahead.

BZ: You said that even on their death bed, most people will still go on talking about the future, and that the kind of death we are going to have is very much connected with how we live our lives.

Rinpoche: Did I say that in words like that?

BZ: There were some dots, but…

Rinpoche: Oh yes, dots between. So you are quoting from different areas. Okay. That's all they pulled out of it.

BZ: You said even on their death bed, most people still go on talking about the future.

Rinpoche: Yes.

BZ: I thought that was very interesting.

Rinpoche: Well, that is what people do normally. Because the dying person knows that "I am dying," but they never think they are dying now. I'm dying now, but the *now* is not *now*. Now is like a week later, a month later. So people will think that way. There are very few people who really think I'm dying *now*. Even when you are dying, you are disconnecting but you are not discontinuing. You are continuing. So the future is very much in question. And especially the unknown future can be very, very close to you – almost touching our nose now. So, that is what I feel. The challenge or the difficulty or whatever you call it. The dying person has that, touching

Photo by Linda Lawson

Not too long ago, Jewel Heart purchased a building on East Washington Street in Ann Arbor. It has been partially renovated, with more to come. The building now houses an ample meditation hall, offices, and the Jewel Heart Store.

Rinpoche: I liked America from Tibet. When I came here first in 1964 to Cornell, in Ithaca, New York, and went back, the Tibetans in Delhi used to give a nickname to me, saying "American Rinpoche." I'm barefoot talking about America, so they called me American Rinpoche.
BZ: They already knew that you were…
Rinpoche: Very fond of America.

right under their nose. Unknown things are about to be known – that's what I think.

BZ: I was reading that you were talking about the way in which people, after they die, retain consciousness. Some people retain consciousness for a few hours, a day, two days, eight days – there is some consciousness.

Rinpoche: What do you mean?

BZ: Well, for instance, you were talking about when Allen Ginsberg died that there was still a presence, a consciousness.

Rinpoche: That's right, yes. A person's consciousness is not necessarily separate from the physical body when the doctors declare the person is brain dead – not necessarily. In the case of Allen, the brain death came to him around 2:00 in the morning and the final separation of the body and the consciousness was almost 11:00 p.m. the next day. So, there was quite a lot of time in there. I called Philip Glass, and I told Philip that Allen was still here. So Philip said, "Even I can figure out that." (laughs) "*Even I can figure out that.*" Allen's death was so funny. Allen had an open life and an open death. When he was dying, the day when I came in, his bedroom and living room were sort of an open loft, and there were probably 60-70 well-known musicians, actors, physicians, and lawyers – that type of thing. There were 60-70 watching there for all the time. So it was like a very open death too – open life, open death.

BZ: What's a good life?

Rinpoche: Good question. Happy, not so much negativity, don't hurt anybody, be able to help yourself from the spiritual point of view, from the economic point of view. You don't have to be a multi-millionaire, but you should be able to pay your bills and live reasonably comfortably. A combination of that and having kindness and compassion as the principles of your life. I think that should be called a good life.

BZ: It sounds good.

BZ: You were excited about joining the political world, and the next thing you know, you weren't.

Rinpoche: So since then I've kept myself away from political life.

BZ: During those years, from 1960 to 1975, when you had other kinds of worldly jobs, did you continue to meditate?

Rinpoche: Oh yes. I did not break my commitment or anything. But I was against being a teacher and teaching. I was against being a Lama, being an incarnate Lama – period. I changed my name from the incarnate name to Ngawang Gelek.

Photo by Linda Lawson

The Jewel Heart Store specializes in books about Tibetan Buddhism, Tibetan handicrafts and rugs, and Tibetan Buddhist statuary and ritual objects. Transcripts and audio tapes of talks given by Gelek Rinpoche are also available at the store.

Rinpoche: Maybe not exactly correct what I said. There are two ways of looking at a bad life. If you are completely driven by economic prosperity and you don't even have time for yourself or your children or your family – that is not a good life. I remember once I was giving a talk in Hong Kong. I think it was one of the big hotels – the Hyatt or something – in Hong Kong. A guy raised his hand from behind and said, "What do I do with my Rolls Royce?" I remember the reply I gave. I said, "As long as you drive the Rolls Royce, it's fine. You can have it. But if the Rolls Royce drives you, you're in trouble." That's what I mean. But on the other hand, if you are to remain below the poverty line then it's also not necessarily a good life either. Unless you are an extraordinary person or something. The good life to me is really happy in both ways – spiritually and materially. And then the most important thing is freedom. Freedom. If you have to be under Communist Chinese control, my God. That's not easy. Freedom – political freedom, economic freedom, and spiritual freedom. That's a good life.

BZ: You said in the unedited transcript called *Odyssey to Freedom*, "When you are learning, you have to put yourself in the position of being sick. You will not leave any stone unturned." And then a few sentences later you were talking about "We are sick with a chronic disease called attachment." And I wanted to ask you to talk about attachment, which of course is a huge subject.

Rinpoche: Well, everybody has attachments. Some people enjoy attachment; some people don't. Attachments give us sometimes things that are interesting…I call those "picnic spots of samsara," picnic spots of samsara. *Samsara* in Buddhist terminology means life based on suffering. The circle of life that is based on suffering is called samsara, and the circle of life that is free of suffering is called nirvana. So attachments sometimes give you a picnic spot in the samsara. Sometimes we enjoy that. We all enjoy it very much. However, it is in the nature of suffering. It creates pain. It creates difficulty. It makes other people uncomfortable. It makes yourself uncomfortable.

All of those that we encounter in the United States – all the divorce, separation of the family, the kids have to suffer in between parents. Their parents are separated and they don't even know where to turn, what to do. All of them are the consequences of attachment. At the beginning you have attachment, you like it. You don't really fall in love. No, you don't have true love. You have attachment symptoms that make you very excited, wonderful, and this and that. And then this commitment, whatever you do, you have, you can't keep it. And then you get into trouble. And then you fight and are miserable for a long time, and finally separate. And even the kids get into big trouble. These are the consequences of attachment. Attachment really is very sticky stuff, not a pure love. Pure love is wonderful. There's a big difference between pure love and attachment. Attachment is actually self-interest, self-serving, clinging desire. Pure love is not necessarily self-serving at all.

BZ: Do you encourage the students at Jewel Heart to form attachments with each other?

Rinpoche: I don't encourage *anything*. When it comes to the choices they make in their lives, I don't discourage *anything*. I do encourage not to have anger, not to have hatred, not to have attachments. I don't encourage their falling in love or getting married. That's totally up to them. I have nothing to do with that. My job at Jewel Heart is to present what little information I have. If I can be helpful, I help. I have nothing else to do. Their lives are theirs. I don't even push them to volunteer in Jewel Heart. I don't. That's not my job at all. That's their job. They are grown-up persons. They know what they are doing and what they want to do. That's up to them. I do not dictate their lives. I don't dictate what they do in their lives. It is none of my business whatsoever. I don't tell them who to vote for; I don't propagate politics. I do encourage them not to have attachment, not to have hatred, and not to have jealousy. I encourage them to spiritually benefit from their lives.

BZ: In the conversation with Ram Dass, he started to say, "In the west, gurus are…" and you finished his sentence. You said, "a very dangerous fellow."

Rinpoche: (laughs) Did I? Interesting. I don't claim myself to be a guru. If people look at me as a guru, fine. That's why I don't even wear Tibetan dress. I don't want them to see something different. I wear western dress. I wear jeans, I put on a suit and tie, I put on those sport coats. Except sometimes in the winter retreat, which is purely strictly Vajrayana people. There I may sometimes wear some different clothes.

BZ: You may wear some ceremonial dresses.

Rinpoche: Sometimes, yes. Otherwise, I don't.

BZ: In things I've read that you've written and what you were talking about with Ram Dass that day, it sounded to me that you were encouraging people, in whatever spiritual path they follow, to use discrimination.

Rinpoche: Yes, very much. Because you have to remember, the people you are dealing with are American people. They are very well educated. They are really brilliant. You should never, never treat them as some kind of stupid…

BZ: …unintelligent…

Rinpoche: …uneducated, illiterate. You should never treat them…You must treat them as educated, as people who know what to do. You know what some people do? Some people say, "This is the spiritual path, you know nothing, you have no idea. I'm the only one who knows. So you just do exactly what I told you." Excuse me. Are you back in the 8th century or 7th century or something? No. Even in Tibet, good old Tibet, pre-Communist Chinese, in the 1930's, 40's and 50's, I was in Tibet as a grown-up person. We were extremely encouraged by all the teachers to argue, debate, and discriminate – never, ever encouraged to have blind faith. This is something new I saw in the west. This is not good. No one should follow under a blind faith. If you do so, that's why the group becomes dangerous. So in the 1960s, and with Jim Jones as well as very recently the Heaven's Gate – Hale Bopp, whatever it was called – and all of them because of non-discriminating people, which is not good. So, all of those are possible because of blind faith. You should never encourage blind faith.

BZ: Jewel Heart has grown a great deal over the years. There's a lot going on at Jewel Heart. Has it become what you had envisioned or hoped for?

Rinpoche: This is a funny thing, you know, how Jewel Heart was really born. We didn't have a plan to set up Jewel Heart. I came to visit with Aura Glaser and Sandy Finkel a couple of times and did a couple of teachings. Here and there we used to meet at the Friends Meeting House, and we had one retreat in Dexter, where Aura and Sandy used to live many years ago. And then I came to visit a couple of times, and finally I moved here. I did not move to Ann Arbor; I moved to Ohio. I worked with a professor there at Case Western Reserve University for Tibetan history. During that period on the weekends I came up here and did teachings in Ann Arbor.

I used to drive from Ohio to here. You know I'm not a good driver, so I skidded in the snow and ice a number of times. But I never got hurt. So I managed to get here. So, that's how I came here. Finally, when I finished the book with the professor of Tibetan history, modern history, then I moved here. So when I moved here, in order to stay in the United States I needed permission from the United States government – immigration. In order to get that, I had to have an organization of not less than 30 people. So Aura and Sandy and a number

of people — Matthew Krichbaum and his mother, Ruby Webber, and all of those people, and Robert Thibodeau — got together and signed a piece of paper, which was actually borrowed from the Zen Center's rules and regulations. We just borrowed them and added our own name. First we were thinking of a Tibetan name, then we thought no, let's have an English name that everybody can

understand. So we decided on the name Jewel Heart. That's what happened. Before that, my talks were organized under Crazy Wisdom. After that, we switched to the Jewel Heart name for the teachings.

BZ: You already had the store?

Rinpoche: Aura had the store.

BZ: Had you been instrumental in encouraging her to start the store?

Rinpoche: She wanted to do that. I was still in India and I did not encourage her one way or the other.

BZ: Was the name her idea or an idea that she got from your teachings?

Rinpoche: I think it was her idea She's very good. It was her idea, I'm quite sure.

BZ: So for a while you were doing some classes through Crazy Wisdom…

Rinpoche: In the beginning, I was teaching in Aura and Sandy's house. At the beginning there was only Aura and Sandy. Then it expanded to two, three, four, five…and then we continued through Crazy Wisdom. And then we used to teach in the back of the store on Fourth Avenue.

BZ: Around the corner on Ann Street?

Rinpoche: No, no. That was the first one there, that little tiny store which is now the hair salon. *(Editor's Note: The original Crazy Wisdom was on East Ann Street, in a tiny space now occupied by Vicki Honeyman's Hair Salon. Then it moved to 206 North Fourth Avenue, and it remained there from 1984 until it moved to its present building on South Main Street in April, 1999. Aura Glaser sold the store in January, 1989 to Bill Zirinsky and Jonathan Ellis. Jonathan Ellis stayed involved as an owner for four months, and since that time, Bill and his eventual wife, Ruth Schekter, have been the proprietors. Jonathan Ellis has stayed involved in the store unofficially, and Aura Glaser remains an honored customer.)* And then she moved in the front, next to the co-op. Then, over there we did teachings in the back, and she had a wisdom series running there. So as a part of the wisdom series we gave teachings there.

Then, finally, we signed that piece of paper and I applied for permanent residence in America. We did that because I needed a permanent residence; we did not plan Jewel Heart. Jewel Heart came out because there was a need for it. So then there was a living room where we were teaching on Brooks Street; the Crazy Wisdom back room had become too small. We needed a house. So all three of us moved to Cherry Street – 508 Cherry Street. Then Cherry Street became too small. The landlord – Don Hunt (co-founder of *The Ann Arbor Observer*) owned Cherry Street, and he wanted to help. So he said, "I will renovate the garage top. Can you teach there?" He offered us a 50/50 arrangement to renovate the garage. He would put in $2,500 and we would put in $2,500. But we didn't have $2500. So Aura and Sandy put out their old clothes for a garage sale and all their friends brought in things, and we made more than that amount of money. So I joke sometimes that we started Jewel Heart by selling Aura and Sandy's underwear. But it was old clothes and we had a garage sale. That's how the Cherry Street garage was renovated, and then we began using it. Then more people came in, more people came in and people sat on the steps and all this. There was a very wonderful professor who died, Jack Meiland. His wife is still here. He died a few years ago – a very nice, older professor. He insisted we should move, and he started protesting. He said, "I like to come, but I'm not coming because…"

BZ: Because you need to move to a nicer place.

Rinpoche: He said he was afraid that the garage was going to fall down.

BZ: That the roof was going to?

Rinpoche: Not the roof, the first floor of the garage. He thought it could collapse because there were too many people there, too many people. There were 30 people or 40 people, sometimes more.

BZ: In a small room…

Rinpoche: It was too crowded in the small room. So he said one lawsuit could destroy Jewel Heart. He insisted, and that's why we rented the building on East Ann Street. And so we made a big partition here, and a big partition there, to make it look small. Then we started moving the partitions, because more people kept coming. Last year, we bought our own building on East Washington Street. Last night, incidentally, I counted how many people were here. Every Tuesday night people come and last night was not one of those crowded days. It was not a slow day either. I counted up to104 people, then I lost count.

BZ: And at the same time, it seems that over the last five to eight years you've created satellite branches all over.

Rinpoche: Not all over…

BZ: I don't mean all over. I mean in 10 different places or 12 different places.

Rinpoche: Maybe. I don't know. We have a big group in New York on Thursdays. Every Thursday, whenever I go there. Every Thursday. Again, you see about 80-90 people every Thursday. And then we have satellites that are in Cleveland; I was there last week. I think there were about 50 or 60 people in Cleveland. And then we have Chicago. There are not so many people in Chicago. Chicago is almost like a suburb of Ann Arbor. There is a very strong core group of people – 10, 15, 20 – that comes up almost every weekend, drives up. So whenever there is something functioning – like this weekend, there is the initiation. At the initiation, I am quite sure there will be 15-20 people from Chicago who will come up.

BZ: So you didn't plan…

Rinpoche: No, no, no. Nothing's planned.

BZ: But in its growth over the last five or seven or eight years, have you felt happy about that?

Rinpoche: No.

> **Rinpoche:** He has been twice the governor of Texas, and that is his experience.
> **BZ:** That is his experience, yes.
> **Rinpoche:** Very little.
> **BZ:** Very little experience, yes.
> **Rinpoche:** But he is also very empty headed.
> **BZ:** Empty headed? That's what I think, too.
> **Rinpoche:** Completely empty-headed; however, his head can be filled with bad advisers and I think they like that.
> **BZ:** Like Reagan.
> **Rinpoche:** Like Reagan. Yes. You said it (both laugh).

BZ: Have you felt satisfied at the way in which it's grown?

Rinpoche: I have tried to avoid it. There is a group of people who would like to study and join Jewel Heart in Fort Wayne, Indiana. I told them no. There is a group of people from Pennsylvania that want to study and join Jewel Heart; I said no. Because I can't go. But these people are driving to New York. Can you believe it? They drive for four hours every Thursday.

BZ: Just to listen to you talk.

Rinpoche: Yes. That's true, I feel bad. But I don't want to encourage because I'm unable to visit... So, how am I going to manage? It's not possible. Not possible.

BZ: You don't want to overextend yourself.

Rinpoche: No. A number of people want me to move to New York, and I'm not doing that either. They are offering me a very attractive apartment, they are offering me a very attractive land, very attractive area everywhere. But I started here and I wanted to establish this, and so that's why I am here. And you know one thing? There is not a very good Tibetan Buddhist cultural center of Buddhists available in the Midwest. Of Tibetan Buddhist culture or Buddhist center – good ones. They are not available in the Midwest at all. There is a good one in Wisconsin. There are some in Minnesota. There is one in Indiana, but that has a lot of internal difficulties.

> … the dying person knows that "I am dying," but they never think they are dying now. I'm dying now, but the *now* is not *now*. Now is like a week later, a month later. So people will think that way. There are very few people who really think I'm dying *now*.

BZ: But it seems that Jewel Heart is becoming that.

Rinpoche: Hopefully we will be a good Tibetan Buddhist cultural center in the Midwest. And the Midwest is totally neglected by everybody. There is a lot in New York. There is a lot in California. I have invitation after invitation in California, and I can't go much. We do have a little satellite thing in San Francisco. It is so easy to work in New York and so easy to work in California. I'm in New York constantly, and there are 100 people. They have a place just like this in New York, a meeting place. Everything is available there. It's very easy. And here, over six or seven or eight years the people in the Midwest are a little harder to…I'm saying that I'm not for publicity. I don't publicize. You don't see any publicity for Jewel Heart. If you see any publicity, we will have a little publicity for the store. We don't publicize; we don't do it. I don't want to do that.

BZ: Do you like Ann Arbor?

Rinpoche: I like Ann Arbor. I enjoy Ann Arbor.

BZ: Does it feel like home at this point?

Rinpoche: Oh yeah. I think I'm a Michigander. Even in New York, I said I liked to be a Michigander and am not ready to be a New Yorker yet.

BZ: Do you miss Tibet ever?

Rinpoche: Oh yeah, of course. Who doesn't miss? But I couldn't get back. A few years ago I went to Beijing to get permission to go to Tibet twice; I did not get permission. Neither was it denied. My application was not responded to. I waited three weeks in Beijing. Three weeks! They didn't want to say no; they didn't want to say yes.

BZ: What has been a source of disappointment for you in building Jewel Heart?

Rinpoche: You know, I am a Tibetan and I came from the old Tibetan tradition, so I don't have any plans. I will do what I can do, and if I can teach and guide people. We're living in the 21st century…

BZ: …in the Midwest, in the United States…

Rinpoche: …the 21st century and we have so many, so many professionals in Jewel Heart. You want computer professionals, we have them; you want editors, we have them; you want lawyers, we have them; you want doctors, we have them; you want planners, we have them; you want trouble-shooters, we have them. But we don't have – what do you call it? Western style plan and program – planning and programming.

BZ: Planning and programming…

Rinpoche: Yes. Where would you like to go, what to do, how would you go? We have a vision. We have a very big vision. The purpose of the Jewel Heart mandala, is spiritual, humanitarian, cultural and educational. The

Photo by Ruth Schekter

Aura Glaser, a psychotherapist living in Ann Arbor, was instrumental in bringing Gelek Rinpoche to the area. She helped to found Jewel Heart, and she is a teacher there. She is also the founder and original proprietor of Crazy Wisdom Bookstore.

vision is there. But the difficulty and disappointment is a plan for bringing that vision through.

BZ: As an outsider, I see steady evolvement. Now, maybe this is foolhardy of me because I'm talking about things that are impermanent, but you now have this building with a beautiful meditation hall; a store that is just beautiful and feels wonderful to be in; there are the second and third unfinished floors of this building, and surely the skilled people who are part of Jewel Heart, over the next three or four years, will help to make those floors as special as the first floor; and there are many published materials available at the Jewel Heart store, including the transcripts of your talks, and the *From the Heart* newsletter; the retreats that now seem to be twice yearly and very well attended; you're asked to speak at many different places around the country…

Rinpoche: Even do fundraisers…

BZ: Even do fundraisers.

Rinpoche: The "Conversation with Spalding Gray" and me was a fundraiser for *Tricycle* magazine.

BZ: For *Tricycle*. You're asked to do fundraisers. So to an outsider's point of view, it seems like the evolution of Jewel Heart continues at a very steady pace.

Rinpoche: That is natural growth. Nobody planned it. It's naturally coming that way. We have been lucky enough to be able to buy this building, with the help of different members of Jewel Heart. Pat O'Meara helped us to secure the loan, so the building belongs to the bank. It doesn't belong to us right now (laughs). Now I'm seeing…I have a vision for the upstairs on the third floor. It is going to be a big meditation hall that sits 350 people with a dome ceiling. I was told it requires $1 million to renovate. But I am happy with this place because it is an old, nice building in downtown Ann Arbor. The building now belongs to the bank, but hopefully it will belong to Jewel Heart soon – not soon, but when the time comes (laughs).

And if we have extra money, we would rather build up, rather than pay the bank. But we have to pay our regular mortgage and we have to do all this. The store is also very nice. Originally, Aura had Crazy Wisdom and after she sold it to you, there was a big, long gap. So then we thought, well, Jewel Heart should have a store – not only for the fun of having a store, but a store should provide three things: one, to serve the community here in a sort of a gentle way of introducing Jewel Heart. People can come in the store or read books about spirituality and Tibetan Buddhism and what I do, and what His Holiness the Dalai Lama is up to and all that. They can read about it, they can watch videos, they can listen to tapes, they can read transcripts, they can read books, they can buy. It is a gentle way of introducing – that's the one purpose.

The second purpose is the handicrafts – things like carpets and other things – and there are two reasons: to provide good quality Tibetan arts and ritual objects to those who are already in Jewel Heart. They have good quality. For example, I was telling them, "Don't buy junk, those junk images." We had a store manager before and she went out to India and brought back – my God! I told her, "You brought Jampot". Jampot is a road in Delhi where they sell all those junk handicrafts. She brought a whole jampot in here.

BZ: You see that in Katmandu, too.

Rinpoche: Yes, in Katmandu too. So that's why we don't want those. We really wanted high quality. There are silver vases, silver things, but I don't want just silver. I want old fashioned, 999 silvers only – no mixtures. Old fashioned – 999. That's all I wanted. And then maybe twice this store management was fighting with me. No one has, like Debbie was telling me, no one has $500 to pay for seven water bowls. No one has that money. So you have to have,…

BZ: …less expensive pieces.

Rinpoche: …less quality. I'm not for it. I really want top quality. If they have to have other less expensive things to maintain the store, okay. But the top quality is also a must. So provide good things to the community that we are serving. Hopefully, a good selection of Tibetan Buddhist books. And, of course, Allen Ginsberg has a very special relationship to Jewel Heart, so we have a Ginsberg corner, but otherwise Tibetan Buddhism is our focus. Provide good quality and a good selection. You do and then the other ones – Falling Water, and then Borders? And then Shaman Drum? They have their own area, and we are unique in our area. I was originally hoping to have the best selection of Eastern and Western philosophy. That was the original hope, but then I do need somebody who knows – like Aura or somebody. She isn't going to do it. So I'm going to stick with a Tibetan Buddhist specialty. Books specialized on that particular field, ritual items and then the handicrafts also, by Tibetans…made in Tibet.

BZ: …which help to support…

Rinpoche: …made in Tibet or by the Tibetan refugees, not by the Nepalese kids. That's what I emphasize. But my point is, only by the Tibetans – if possible, made in Tibet, by the Tibetans. I have no objection if it's made in Nepal, but made by the Tibetan refugees and these people get the benefit. What I don't want is Nepalese kids who worked on that. You remember in Nepal, you were there, all these kids – 11, 12, 13 – all of them are making carpets.

BZ: You're not really supporting the Tibetans.

Rinpoche: They're not supporting anybody. They're supporting the factory owners and their pockets. And then particularly these carpets, so far what we have is from Tibet. The truth is these support schools in Tibet. There are 50 schools supported by the sale of these carpets and other donations – 50 Tibetan schools throughout Tibet. And Jewel Heart also supports one handicapped school in Tibet. We are giving them lunch for 50 kids every day – 50 orphans with handicaps. Now there are a couple of kids who have a father but no mother – but mostly no parents and handicapped. We give them lunch every day, including Sundays.

BZ: Is that what you refer to in something I read as collective karma? You're spreading good collective karma?

Rinpoche: I don't know whether it's good collective karma or not, but whatever it is I consider it humanitarian service.

BZ: Each of these pieces is a part of fulfilling the vision for Jewel Heart.

Rinpoche: Yes, so far it has been that way, but we didn't plan it. It happened by itself, a natural course.

BZ: And now you'd like to see some more planning of how to get to the next steps?

Rinpoche: That's right. Until this level, it has happened naturally. It just happened by itself. It was not really thought about. I didn't plan it. But we do have a wonderful staff here, wonderful. I must thank Kathy Laritz, Debbie Burr, Kathleen Ivanoff and now we have Bruce Conforth. All are practically volunteer level. Bruce Conforth was hired this year as our director. So many people applied. He was dean of the Pennsylvania University. From there he chose to come here. We considered four or five people. Finally we came to two: one was Bruce, the other is a person who is in charge of all the prisons from Florida to New York.

BZ: Is that right?

Rinpoche: Yes. He wanted to work here. He said he read something somewhere. So he liked us very much and he wanted to do something good for his life before he died. He said he didn't care for the money, so he wanted to work here. That's him and this guy, Bruce. He was the dean of the school.

BZ: I'm going to talk to Bruce as part of this article. I'm going to have a separate short piece with Bruce about his background.

Rinpoche: Good. So, I am grateful for him to be here, to come and work – for a very small amount of money. It's almost volunteer work. And then Debbie, Kathy, and Kathleen are the three people in the office.

BZ: And for you, with the growth of Jewel Heart, do you ever feel that you're not only having to be…I don't know how to phrase this, but you're both the spiritual leader of the community – spiritual director – but you are also administering a growing enterprise. Do you find that interesting and challenging?

Rinpoche: I don't think I'm administering this.

BZ: I see, you leave it to the…

Rinpoche: They talk to me; I make decisions. I don't plan. I have no plans.

BZ: You don't have to worry about the details about the…

Rinpoche: Sometimes they will ask me so many details, and I'll go through them. I do, because they really ask me every detail. So I get to the level of maybe, maybe not, maybe you could counsel this person first, and then we make a decision.

I don't encourage *anything*. When it comes to the choices they make in their lives, I don't discourage *anything*. I do encourage not to have anger, not to have hatred, not to have attachments. I don't encourage their falling in love or getting married. That's totally up to them. I have nothing to do with that. My job at Jewel Heart is to present what little information I have. If I can be helpful, I help. I have nothing else to do. Their

BZ: So you are very involved…

Rinpoche: I am very involved in that way, yes, very involved. Also I am very grateful to a number of people – people like Allen Ginsberg, Philip Glass, Paul Simon, Richard Gere, Paula Cole, Patti Smith. All of them are very supportive of Jewel Heart.

BZ: A friend of mine asked me to ask you, when Patti Smith performs for Jewel Heart, do you enjoy the performances, or are you being polite because she is doing a benefit for Jewel Heart?

Rinpoche: I enjoy her. I very much enjoy her. I enjoyed

The Crazy Wisdom Interview with Gelek Rinpoche (continued)

her reading Allen's poems very much, but I also enjoyed her because she is honest and straightforward, no cover-up, you know naked – and that's what I like. I don't like people who are coated. They mean to say no, but they don't say no. They said maybe. I don't like that sort of thing. She is very naked. If she doesn't like it, she'll say that.

BZ: When you said that you don't like people who are kind of coated – say yes but they mean maybe…

Rinpoche: No, no. They mean no, but they say maybe. They are not straightforward, they are hiding behind something.

BZ: Right. You were saying when you were with Ram Dass that…the phrase you used was that people give other people the cold shoulder…you said "Everyone is a good person, but we give cold shoulders to people very often, to a lot of people, and that is what I try to remove – the cold shoulder. And the cold shoulder comes out of our negative emotions."

Rinpoche: Cold shoulder is something different. A lot of people do give cold shoulders to so many people. They do not embrace people and don't make them happy and comfortable. They make them miserable and uncomfortable. They turn away. A lot of people do that. That's what I mean by cold shoulder.

BZ: Do you use a computer?

Rinpoche: A little bit.

BZ: Do you use a cell phone?

Rinpoche: *Yes, a lot.*

Photo by Linda Lawson

> It's really way out there. It's way beyond our normal understanding, beyond our usual laws of physics, beyond that. So *that* is really *crazy wisdom*. Like people walk through walls, ride on sun rays, and all that type of thing – fly over clouds and all those funny activities. Such persons are in the category of crazy wisdom. It's way beyond conventional thinking and laws governing matter. Persons who are capable of doing that. Their acts are called crazy wisdom.

BZ: You use a cell phone a lot?

Rinpoche: I'm a gadget person. I like a lot of gadgets.

BZ: I have a son who is six years old. His name is Sam. He is deaf and he is disabled. He uses a wheelchair. And his little sister, who is two, is also hearing-impaired. My son also has other medical challenges. And I think to myself sometimes that because he is a very young child and he suffers a lot because he often doesn't feel well, I often think that he is – in his own way – a very high little being because of the dignity and the patience that he exhibits. He is six years old and most little children don't suffer the way he suffers. He looks and sees the other children playing on a playground and can't do that, and he isn't part of the hearing world. He has a little gastrostomy tube in his belly because he does not eat, and because of his medical condition his tummy hurts a lot. Probably two days out of five he doesn't feel very well. I often feel that getting to father him, being his father, and fathering his little sister, is the greatest spiritual blessing that I could've been given for my life. And then other times I think I'm merely romanticizing the difficult journey of fathering special needs children. Do you have any comments on that?

Rinpoche: (Long pause) I'm sorry that boy has a very hard life. I would not know whether he is a high being or not but he must be a very, very good kid to be able to maintain that much dignity and that much function with all kinds of handicaps and difficulties. He's *got to be* a great kid. As far as you are concerned, it's very definitely a challenge and also a great spiritual opportunity for you not only to be able to father a good human being but father a good human being with handicaps or difficulties. It's a great spiritual opportunity for you. So it's almost like Ram Dass said, "My stroke is my Guru's grace. But it is a terrible grace," he said. Remember? Just like that. It is a great opportunity for you to be able to…You know, the bottom line of a spiritual practice lies in serving people – serving, and helping, working with compassion and caring. And that is one of the most important things we can do.

And particularly serving, caring, and helping not only a human being but your own son gives you a tremendous amount of benefit from the spiritual point of view. It's more than just simply some handicapped kid. Like here, I'm telling you we feed lunch to 50 handicapped people in Tibet. Yes, we do. It is the people of Jewel Heart, their money, and their cause there – they feed and we rejoice. But it is not a direct relationship. And your son is a direct relationship, and that has a tremendous amount of benefit for you – not for him, but for you. So it's a good opportunity for you.

It's really a golden opportunity for you to make your spiritual uplift-ment within your long journey of a spiritual path, and linking your previous life to the present life to your future lives. So this is a great opportunity and a great boosting for your spiritual path. So you should appreciate that, and I know it's very hard, how hard it is to take care of a kid is very difficult. I used to say that. Now I have my nephew living with me, so I have begun to realize things that I didn't realize before. I have to make arrangements for everything – how he is going to get to school, how he is going to get back, what he is going to do while I'm going out. There is no elder person in the house, what is he going to do, so I have to get somebody here or have him stay with somebody else. Every day there is a challenge of things like that. This is a 17-year-old kid, okay. He can take a bath and go and all that. I even have to worry that much. But this one, it's much more. But it's an opportunity for you. The benefits are double or triple, the gain is double or triple.

BZ: Thank you.

Rinpoche: And I wish you all the best.

BZ: Is that your sister's son?

Rinpoche: That's right. She sent him here. I never realized I'd have to worry every day. Now I'm going to Malaysia and now I have to think about him, to make sure he is okay. And I have some Tibetan monks staying with me, and helping to look after him. They want to go somewhere else and now I don't know where I'm going to put my nephew. (laughs).

BZ: It's probably nice for you, being here in Ann Arbor, to have these visitors from Tibet, to have your nephew come and stay. It must add some richness to your life.

Rinpoche: I don't know. I used to be a monk. I never had kids, never had a child of my own. So, I don't know.

BZ: You're on your way to Malaysia?

Rinpoche: Yes, I'll be going to Malaysia, Singapore, and all that. They have Jewel Heart there. Jewel Heart Malaysia, Jewel Heart Singapore, and Jewel Heart Holland. Jewel Heart Holland has 200-300 people. They meet regularly every day.

BZ: Every day. Wow!

Rinpoche: 200-300, in Holland.

BZ: I have understood the phrase Crazy Wisdom as unfettered wisdom. Can you tell me more about the meaning? I know that there's depth that goes beyond just a few words.

Rinpoche: Crazy wisdom is only referred to a great, highly developed spiritual person whose every deed – whatever it may be – even if it looks like a bad one, becomes a great one. Every single – excuse my language – damn thing they do becomes a great benefit to all living beings, not only to that person, but to everyone connected with them. It's really way out there. It's way beyond our normal understanding, beyond our usual laws of physics, beyond that. So *that* is really *crazy wisdom*. Like people walk through walls, ride on sun rays, and all that type of thing – fly over clouds and all those funny activities. Such persons are in the category of crazy wisdom. It's way beyond conventional thinking and laws governing matter. Persons who are capable of doing that. Their acts are called crazy wisdom.

BZ: In the way in which it's defined, do you consider yourself to be enlightened?

Rinpoche: *No way*! I am just a stupid, uneducated, illiterate human being. Really. I don't have a Western education. I have a little bit of Tibetan thing. So I consider myself uneducated, illiterate, stupid one. That's all I think of myself.

BZ: Something that you wrote in the *From the Heart* newsletter, published by Jewel Heart, moved me deeply. You wrote, "How does spiritual development grow within a person? It is not going to suddenly hit you. It only works this way: You go and go and fall. And you get up and move and go and fall – fall down on your face, get up, clean it up, remove, wash it, put your dust off. Go and you fall again. It's doesn't matter. Get up. Go. Falling down doesn't matter. Get up. Fall down. It doesn't matter. Get up again. Get up 100,000 times."

Rinpoche: That's how we do. It's exactly how we do. Because in the West people think I learned, I meditated and I think about it, yet not enough happened. I've lost. I still get angry. I still have problems. So then they think they have not done well. That's not true. Are you going to fall? For sure. No doubt. There's no question we're going to fall. The temptation is so great.

The habit is so strong. You're going to fall – definitely. But it doesn't matter. One fall is actually a boost for the next moment. If you give up, then you're gone. You're lost completely. So you get up and move again, get up and move again. Then you will make it one day.

That's true for everybody. That was the way in Tibet and that *is* the way now and that will be the way. There is no instant enlightenment – anywhere. There is no enlightenment without meditation and practice – years and years and years. There is no meditation and practice without learning, without knowing what to do. This is not a small thing. This is a cutting down of all your negative emotions and freeing yourself from their grip once and for all, totally. Enlightenment. Buddha means totally awakened state. That's important.

Okay? Thank you.

BZ: Thank you.

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Beginning Reflexology with Prema Lindsay Smith at the Ann Arbor Institute of Massage Therapy • Jan. 13, 10-5 • Reflexology is a form of natural healing that is thousands of years old. It is a unique science that works on the feet in a form of massage. It is ideal for helping the body to be balanced and to help people cope with the everyday stresses and tensions that we live with today. You will learn the reflex points on the feet that correspond to organs, glands and all parts of the body and how to massage them. $135. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Experience the Dynamic of Life through Shiatsu and Exercise with Cynthia Conklin • Jan. 11, Feb. 14 or April 11; Noon-1:30 • Oriental medicine views physical disharmony as obstruction in Ki flow. Meridian stretch exercises improve circulation of this life energy. You will learn six basic stretch exercises associated with traditional Shiatsu therapy. These stretches are simple, effective and suitable for all ages. They can be done in as little as 10 minutes per day with excellent results. You will also experience how they can be integrated with traditional Shiatsu therapy. Both Shiatsu and meridian stretches can relieve stress and restore physical balance. $10 donation. Call 332-5997; conklin@flamingjewel.org.

Self-Acupressure/5 Element Theory with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Wednesdays, Jan. 8-Mar. 31; 6:30-7:45 p.m. • There are some easy steps that you can use to help relieve stress-related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand, using gentle pressure, massage and focused intent, one can facilitate the release of tension, promoting the circulation of Chi (internal energy flow) in that area. The 5 Element Theory is the foundation of traditional Chinese medicine. The Chinese identifications within the character of the word *element* implies movement, exchange and change. Learning the 5 Element Theory helps bring clarity in comprehending the qualities associated with the organic process of nature. $165. Call 741-0695; www.peacefuldragonschool.com.

Animals

"Animal - Speak" Workshop and Book - Signing with author Ted Andrews at Crazy Wisdom Bookstore • Friday, March 23 • Book-signing from 5:30-7:00 p.m. • Workshop from 7:30-10 p.m. • Every society taught that the only way the divine could speak to humans was through Nature - particularly through animals. This workshop will explore the magical and spiritual roles of animals. It will teach how to understand the language of their behaviors. It will explore the myths and misconceptions of spirit animals and totems, and it will provide techniques for discovering your own animal totems. It will reveal the four lessons every animal can teach us to make our life more effective. This workshop concludes with a powerful, shamanic type exercise to meet the spirit animal most important to your life at the present time! This workshop will be based on Ted Andrews' books: *Animal - Speak*, *Animal - Wise* and *The Animal Wise Tarot*. He is also the author of *How to Meet and Work with Spirit Guides*, *Magical Dance* and *How to See and Read the Aura*. Workshop Cost: $40. For more info call Crazy Wisdom at 665-2757.

Animal Communication with Marliesa Back • Feb. 24 and Mar. 3, 10-5 • On Day 1, we use guided meditation to learn simple, safe techniques and principles for telepathic communication with animals and humans, along with some basic "psychic hygiene." One Day 2, we practice communicating with animals that are present, absent or transitioned and share experiences with the group. Some exposure to animal communication or other intuitive work is recommended prior to taking this class. $150 or $135 or registered one week in advance. Call 428-1451.

Tellington Touch Presentation on Methods of Animal Healing with Manuela Hejna • Feb. 18 or April 22 at Crazy Wisdom Meeting Room • If you have behavior and/or health problems with your animal/pet, this presentation will show how to help both yourself and your pet. It presents a detailed description of methods used in TTouch healing and how the methods work. $7. For times and registration, call 417-0411.

Introduction to Animal Communication with Marliesa Back • Jan. 27 or April 14, 10-5 • This class covers the basics of interspecies telepathic communication. Learn techniques to send clearer messages to your animals, and begin receiving messages back by working with a pendulum and with muscle testing. $80 or $72 if registered one week in advance. Call 428-1451.

Herbalist and Author Susun Weed is coming to town on March 30th. She is well worth seeing!

Energy Healing with Animals with Ray O. Golden of Intuitive Health • Feb. 25, 9-6 and Feb. 26, 7-9:30 p.m. or April 14, 9-6 and April 16, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class, which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724; intuitivehealth@aol.com.

The Artist's Way

Introduction to Artist's Way with Jill Blixt • Jan. 27, 1:30-4:30 at Crazy Wisdom Meeting Room • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image-making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life, no matter what form it takes. Full session is eleven Saturdays starting Feb. 3, 9-Noon. $30. Call 665-4577.

Twelve-Week Artist's Way Group with Helen Slomovits • Fridays, Jan. 19-April 6; 10:30-12:30, at Crazy Wisdom • The Artist's Way is a practical and pro-active course designed to unlock your creativity and help you begin to steer your life in the directions you'd truly love. Sharing the journey of creative recovery and discovery with others is powerful, supportive and fun - and often makes the difference between having good intentions (only!) and actually engaging in this exciting process of change and self-discovery. We will read, discuss and practice the exercises of *The Artist's Way* by Julia Cameron. $240. Call 665-0409 or 994-8840.

The Artist's Way with Andrew Taylor • Wednesdays, 7:30-9:30 • This workshop is a time-tested, user-friendly, proven to work process. It is designed for both artists and non-artists. *The Artist's Way* works with the encouraging and supportive principle, "We are all created, creative beings." In a safe group setting, the course guides students along their life's path. It helps them break through their creative blocks, systematically achieve their goals and create the lives of their most impassioned dreams. $10 per week. Call 669-4262; drewman42@yahoo.com.

Astrology

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) • Jan. 14, Feb. 18, Mar. 18, April 22; 3-5 • ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994, coordinated by Bon Rose Fine. They use their association for networking, engaging speakers, book recommendations and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics and presenting special reports on matters of interest to astrologers. They are often joined by longtime area professionals, such as Richard Smoot and Deborah Kaye. All levels welcome. Free. Call 434-4555; brosefine@aol.com.

Lunar Phases with Deborah Kaye, sponsored by the Astrology Study Group of Washtenaw County • April 29, 3-5 • The moon is always feminine and luna represents feminine energy. Our bodies are chemically over 90% water, and the moon rules the tides. It's no coincidence that a lunar cycle and a woman's menstrual cycle are both 28 days. Modern women (and men) can utilize the ancient science and art of astrology to understand themselves and the impact of lunar phases upon their daily activities. Deb calls this simple, accurate technique "instant horary." $10. Call 517-347-8069 or Bon Rose Fine at 434-4555; debrakrozek@hotmail.com or brosefine@aol.com.

A Time for Every Purpose: A Planetary Hours Workshop with Bon Rose Fine sponsored by the Astrology Study Group of Washtenaw County • April 1, 3-5 • Planetary Hours were probably in use before the days of the week were named. This ancient method of determining which times of day are most auspicious for particular activities is still useful today. This workshop will offer an overview of the principles and provide opportunity to discuss experiences and learn further ways of putting the concept into practice. You don't need to be an astrologer to get in harmony with the rhythm of the Planetary Hours. Free. Call 434-4555; brosefine@aol.com.

Solstice Points: Because You Only Thought Ten Planets Were Enough with Richard Smoot sponsored by the Astrology Study Group of Washtenaw County • Feb. 25, 3-5 • Using solstice points in an astrological interpretation provides a whole new dimension in character and personality understanding. Despite this, the application of solstice points is a surprisingly simple technique that is almost always overlooked by astrologers, and seldom used or considered. $10. Call 484-1897; smootfish@aol.com.

Declinations: The Other Aspects with Richard Smoot sponsored by the Astrology Study Group of Washtenaw County • Jan. 28, 3-5 • Angular aspects between planets in an astrological chart reveal the depth and complexity of a person's psyche and personality. Aspects of declination are often forgotten and little used, yet provide a new level of character analysis. $10. Call 484-1897, smootfish@aol.com.

Psychological Factors in the Horoscope with Ricki Reeves sponsored by the Astrology Study Group of Washtenaw County • Feb. 10, 10-4 with an hour lunch break • This intensive workshop will focus on working with a client to identify and understand psychological issues with an astrological perspective. Various astrological significators which reference psychological dynamics and defense mechanisms will be examined, and there will be demonstrations of past trigger times and predictions of future activation, using case histories. In addition, counseling techniques discussing difficult issues and working clients toward possible resolution will be explored. $25. Call Bon Rose Fine at 434-4555; brosefine@aol.com.

Vocational Emphasis in the Horoscope with Ricki Reeves sponsored by the Astrology Study Group of Washtenaw County • Mar. 10, 10-4 with an hour lunch break • This intensive workshop will focus on the identification and delineation of vocational indicators as seen through the natal horoscope. The special talents and life experience the native brings to the vocational arena will be explored with a view to assisting astrological clients in making career decisions that not only feed the person, but also feed the soul. $25. Call Bon Rose Fine at 434-4555; brosefine@aol.com.

Beginning Astrology with Richard Smoot sponsored by the Astrology Study Group of Washtenaw County • Ten Mondays starting Jan. 15, 7:30-9:30 p.m. • This course is designed for those who want fundamental insights about astrology which will assist them in understanding facets of other metaphysical concepts. Ideal for first-time students, this class will provide a strong introduction to astrology, exploring and applying basic ideas and principles. Class focus is on comprehending and recognizing key words for all the planets, signs and houses. Class size limited. $150 or $125 for Lighthouse pledge members. Call 484-1897; smootfish@aol.com or Bon Rose Fine at 434-4555; brosefine@aol.com.

Bodywork & Bodymind Therapies

Alexander Technique: Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays at 7 p.m. or Saturdays at 2 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. Free introductory class, then $10 per class. Call 665-0849.

Introduction to Biodynamic Cranial Work with Jan Pemberton • Six weekends: Jan. 13-14, Feb. 10-11, Mar. 10-11, April 7-8, May 6-7 and June 2-3; 9:30-5:30 • This class is an introduction to the Biodynamic Cranial Work of Franklyn Sills and Dr. Sutherland. These six modules give a solid foundation to begin cranial work. They provide skill and understanding with which to listen to the cranial system. $175 per weekend. Call 973-2013.

Pilates Demonstration with Khita Austin • Jan. 10 and Feb. 12, 6-8 p.m. • The Pilates Method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect deep change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique. Free. Ongoing mat classes are $15 each, held Tuesdays at 6 p.m. and 7 p.m., Wednesdays at 12:45 p.m., Thursdays at 6 p.m. and Saturdays at 9:30 a.m. Call 741-0038.

Rolfing: A Gentle Approach with Leland Austin • Jan. 6, 6-8 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of restriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038.

Introduction to Phoenix Rising Yoga Therapy: Everything You Need to Know is Inside You with Ava Gilzow, Jacqui Magon, Gail Rucker and Julie Wolcott at Crazy Wisdom's Meeting Room • Feb. 1 and Mar. 29, 7:30-9 p.m. • During this workshop, you will sample Phoenix Rising Yoga Therapy which combines assisted yoga postures with dialogue to focus on the body's inner wisdom. This awareness helps release emotions and beliefs which may have manifested in chronic aches and pains. You'll feel deeply relaxed as a result. $5. Call Ava at 994-3316, Gail at 994-3777, Jacqui at 454-0935 or Julie at 426-4978.

Polarity Therapy and the Formative Process with Jim Feil • Jan. 30 - Feb. 3; 9-6 • Participants will approach an understanding of human formation by examining concepts of human shape and their organizing process in relationship to theory and practice. Incorporated in the work will be constitutional body type, pulsation and physical reorganization, elements and the process of change, and embeddedness and differentiation. $490, less $25 if you bring a table. Call John Bodary at 313-582-5034.

Polarity Therapy Level I with John Bodary, Karen Kerns, Renee Rutz and Maureen Frisbee • 8 Mondays starting in March, 6:30-10:30 • Introduction to theory and hands-on practice of energy therapy as initiated by Dr. Randolph Stone and carried out as Polarity Therapy. Energy patterns and ways to work with them will be explored. $700. Call 313-582-5034.

Trager Psychophysical Integration: Introduction and Demonstration with Eileen Dickinson • Jan. 11, Feb. 5, Mar. 13, April 10; 7-8:30 p.m. • Experience and learn about this intuitive approach to bodywork that uses movement to create a feeling of effortlessness, ease and softness in the bodymind. Learn self-care movements. Free. Call 717-4145.

Healing Waters Therapy Demonstration and Tryout with Tom Egan • Feb. 18, 1-3 p.m. • Settle into a warm 98 degree pool and get the opportunity to receive guided, intuitive, free flowing movements and healing energy work to help you soar into consciousness. Try out the benefits of healing warm water movement/energy sessions as they are demonstrated and experienced in this class. Individual sessions also available. $10. Call 276-5677.

Buddhist Teachings & Buddhist Meditation

Guide to Bodhisattva's Way of Life with Gelek Rinpoche of Jewel Heart • Tuesdays, 7:30 p.m. • These teachings are based upon the text, *Guide to the Bodhisattva's Way of Life* by the 8th century author Shantideva. A bodhisattva is one who has committed her/his entire life to becoming enlightened in order to help all beings become free from suffering. All welcome. Donations accepted. Call 994-3385.

Meditation with Staff of Jewel Heart • Sundays, 10-11 a.m. • Concentrated meditation, taught in the Tibetan Buddhist tradition, brings awareness while stabilizing the mind. A tamed and trained mind provides the ability to unshakably hold focus on any subject or object as well as serves as the basis for deeply integrating any realization gained through analysis. Open to beginners through advanced. Donations accepted. Call 994-3385.

> The mind determines what's possible.
> The soul surpasses it.
>
> -Pilar Coolinta

White Tara Practice with Staff of Jewel Heart • Sundays, 1:15-12:15 with first Sunday instruction on Jan. 7, Feb. 4, Mar. 4, April 1 • White Tara practice is a meditation with visualization techniques focused on the healing and long life qualities of White Tara, the embodiment of enlightened compassionate activity. Instruction and guided meditation of this practice is offered each first Sunday of the month. All welcome. Donations accepted. Call 994-3385.

Odyssey to Freedom Audio Broadcast from New York with Gelek Rinpoche of Jewel Heart • Thursdays at 7:30 p.m. • The Lam Rim concentrated into an essential outline form, Odyssey to Freedom serves as a meditational point of reference, guiding us as we individually integrate the teachings of the Buddha into the everyday context of our contemporary lives. Donations accepted. Call 994-3385.

The Crazy Wisdom Calendar

Buddhist Teachings and Meditation (continued)

Lam Rim with Sandy Finkel of Jewel Heart • Sundays, monthly: Jan. 28, Feb. 25, Mar. 25, April 29; 1:30-3:30 • The Lam Rim is the essence of all the Buddha's teachings laid out in a step by step fashion. Through analysis and meditation of its points, one develops realistic tools to apply to the everyday challenges of life, ultimately directed to the attainment of Buddhahood for the benefit of all. All are welcome. Donations accepted. Call 994-3385.

Tai Chi with Genie Britt of Jewel Heart • Ongoing Sundays, 4:30-5:30 • Wu style of Tai Chi for health and focus. Beginners welcome. Donations accepted - $5 suggested. Call 994-3385.

Day-long Meditation Retreat with Geri Larkin of Still Point Zen Buddhist Temple • Feb. 3, Mar. 3 or April 7; 9-4 • This is a day-long meditation retreat. Included are 30 minute sittings, a 45 minute work practice period and lunch. $45. Call 313-831-1201.

On Forgiveness with Geri Larkin of Still Point Zen Buddhist Temple • Jan. 21, 1-4 • A Buddhist approach to forgiveness does not include turning the other cheek or denying that harm has happened. It's about compassion and understanding and learning how to simply let go. $30. Call 313-831-1201.

Meditation and Instruction in the Nyingma Tradition of Tantric Buddhism with Traktung Rinpoche, Adzom Rinpoche of Flaming Jewel Dharma Center • Sundays at 10:30 a.m. • The oldest tradition of Tantric Buddhism in Tibet is the Nyingma school. This tradition is also the only one to have preserved the non-monastic white skirt lineage or ordained Tantric yogis and yoginis. American born Tulkus Adzom and Traktung Rinpoche offer teachings from this authentic sublime wisdom tradition in a style and manner refreshingly relevant to our time and culture. Free. Call 665-2456.

Empowerment of the Tantric Female Buddha Dorje Yudronma with Nalijorma Sanchen tsomo of Flaming Jewel Dharma Center • Feb. 10, 10:30 a.m. • Dorje Yudronma is one of the great female protector Buddhas. She is an awareness dimension of power and compassion. Dorje Yudronma's body, made from the shimmering moonlight and pearl, symbolizes the profound union of beauty, femininity and wisdom power. She rides a deer through forests and fields of wildflowers and, through the sheer splendor of her presence, overcomes obstacles to joy and liberation. This empowerment invokes the wonder and force of this Tantric Buddha in the mind stream of each being. $30. Call 665-2456.

> Just think how happy you'd be if you lost everything and everyone you have right now - and then, somehow got it back again.
> - Kobi Yamada

Empowerment of the Female Buddha Machig Labdron with Adzom Rinpoche of Flaming Jewel Dharma Center • Mar. 17, 10:30 a.m. • Machig Labdron was an incarnation of the Primordial Wisdom Mother of Tibetan Buddhism and the only Tibetan to create a system of Tantric practice engaged by every major Tibetan tradition. The empowerment of Machig Labdron directly connects the practitioner with the stream of wisdom awareness, which is the heart of every being. This empowerment of the Aro ter tradition is being given for the first time in the Midwest. $30. Call 665-2456.

Crystal Sphere of Unborn Wonder: Heart Teachings from the Lineage of Do Khyentse Yeshe Dorje with Traktung Rinpoche of Flaming Jewel Dharma Center • April 14, 10:30 a.m. • Do Khyentse Yeshe Dorje has been called the greatest master of the Tantric Buddhist tradition in the last centuries. Born from the union of a mountain god and human mother, he was known for the power and unusual style of his life and teaching. Having vowed to be born in places unknown and times unpredictable, his current incarnation will offer rare teachings from the tradition of this great Mahasiddha. $30. Call 665-2456.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Jan. 11, Mar. 1 or April 19; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 for students. Call 761-6520.

Buddha's Enlightenment Day All-Night Sitting at Zen Buddhist Temple • Jan. 12-13; 8-10 p.m. and/or 10 p.m.-Midnight, after midnight, please stay until 4 a.m. • Come and meditate to awaken to our true nature inspired by Shakyamuni Buddha who sat under the Bodhi tree in ancient India and came to freedom. Open to all. A donation of flowers, fruit, candles, nuts, incense, dried fruit or money is expected. Call 761-6520.

Yongmaeng Chongjin/Spring Meditation Retreat with Haju Sunim of Zen Buddhist Temple • April 5 at 7 p.m. through April 8 at 10 a.m. • Includes sitting and walking meditation and dharma talks. For complete information, call 761-6520; buddhaa2@cyberspace.org.

Meditation Retreat at Zen Buddhist Temple • Feb. 16-17 and Mar. 16-17, Friday 7 p.m. to Saturday 5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60. Call 761-6520.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 2-3, Friday 7 p.m. to Saturday 4 p.m. • For those who cannot attend the Thursday evening courses, or who prefer the overnight retreat in order to learn meditation. $160 includes instruction, accommodation and vegetarian meals. Call 761-6520.

Sunday Services at Zen Buddhist Temple • Meditation Service 9:30-11 a.m. and Dharma Service 5-6:30 p.m. • Morning meditation consists of two periods of meditation followed by a talk. Dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. Donations accepted. Call 761-6520.

Celtic Wisdom

A Brilliant Evening with John O'Donohue through Weber Center • April 3, 7 p.m. • This will be a brilliant evening of entering into the world of the Celtic imagination, wisdom and spirituality through the person and words of this Irish scholar. You will not want to miss this extraordinary evening with one of Ireland's most gifted and soulful writers. Following the presentation, which will include time for response and interaction, there will be a reception and book signing of John's most recent publication, *Connemara Blues*. Space is limited. $20. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org; http://www.op.org/adrian/weber.htm.

Ceremonies, Celebrations & Rituals

Sunday Candlelight Healing and Meditation Ceremony through Lighthouse Center • Weekly, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, healing, mantra meditation, affirmations and visualization. No cost. Call Prachi at 449-4381.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Everyone welcome to join us in greeting the new year. Call 761-6520.

Beginner's Fire Ceremony with Mateyo Empie • Jan. 17, Feb. 21, Mar. 21, April 18; 7:30-10 p.m. • The fire ceremony is the most effective and fun way to heal ourselves and change our internal and external worlds. Beginners are welcome to join us in this energetic and symbolic working drawn from Peruvian traditions that reconnect us with our Deep Selves to release restorative forces, producing immediate and practical changes in our lives. A potluck follows. $27 plus a donation of nonperishable food for a local food drive. Call 663-5505; snakewillo@aol.com.

Chanting for World Peace at Zen Buddhist Temple • Jan. 29, 30, 31, Feb. 1, 2, 3; 6:45-7:15 a.m., Noon-12:30 or 7-7:45 p.m. • As the longest journey begins with a single step, so peace in the world begins with your commitment. Come to one or more of the sessions. Call 761-6520.

Imbolc Celebration with John Morris at Crazy Wisdom Meeting Room • Jan. 30, 8-10 p.m. • Come and celebrate Imbolc/Candlemas with us. Honor the return of the sun and the first breath of spring. Free. Call Carol at 665-2757.

Tantric Buddhist Fire Puja with Naljorma Sangchen Tsomo of Flaming Jewel Dharma Center • Mar. 20, 7:30 p.m. • This Tantric ritual allows each participant to invite the infinite richness and largesse of beings' splendor into their own inner and outer life. Powerful life changes, healing and wisdom can be swiftly experienced through invoking and connecting to the power of the Tantric female wisdom being Tsogyel Dzambhala. Each participant will be directly involved in the creation of a transformative atmosphere of spiritual change for themselves and all beings. $30. Call 665-2456.

Spring Equinox Ritual Celebration for Womyn and Girls with ShuNahsii Rose • Mar. 20, 7 p.m. • Singing, storytelling and seasonal ritual to celebrate Spring. $10-$20 sliding scale for adults, $5 for teens, age 12 and under free. Call 761-9148.

Spring Equinox Celebration with Leigh Daniels at Crazy Wisdom Meeting Room • Mar. 21, 8-10 p.m. • Free. Call Carol at 665-2757.

Spring Equinox Celebration with Jan L. Richardson through Visitation • Mar. 23, 7:30 p.m. • A time to join with others in joyfully proclaiming the Spring balance of the light and the dark in our universe. Donation. Call Peggy Schmidt at 734-242-5520; visitation@teleweb.net.

Spring Equinox Ritual with The Druids of Shining Lakes Grove • Mar. 24, 2-5 p.m. • Join us as we welcome the spring, honor our river mother Ana and bless our wheat seeds for the coming year. Free. Call Rob Henderson, 487-4931; robh@cyberspace.org or www.msen.com/~robh/slg.

Beltane Celebration with Carol and Heather Karr at Crazy Wisdom Meeting Room • April 30, 8-10 p.m. • Celebrate the return of summer by joining in our Beltane ritual. Free. Call Carol at 665-2757.

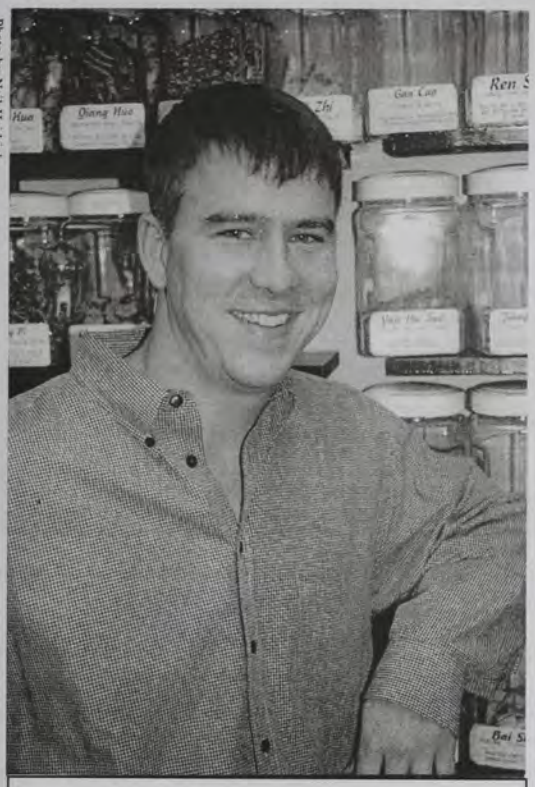


Photo by Neil Heidrich

Brodie Burris has been trained in Traditional Chinese Medicine. His work includes the use of acupuncture, Chinese Herbs, and Qi Gong..

Channeling

Open House Channeling Sessions with Aaron through Deep Spring Center • Jan. 17, 24, 31, Feb. 7, 14, 21, 28, Mar. 14, April 18, 25, May 2, 9, 30; 7:30-10 • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the U.S. and abroad by Barbara Brodsky. At each weekly session, Aaron will give a talk and there will be a time for questions and answers and also a social period. Donations accepted. Call 971-3455.

Spirit Talks: Channeled Messages from Our Guides in Spirit with Jewel Shelden • Jan. 26, Feb. 9, Mar. 9; 7:20-9:30 p.m. • Channeling by Jewel Shelden and Micky Arvoy. You may ask questions of the guides as well as relatives that have passed over. Similar to an old-fashioned spirit message circle. $20 per session. Call 998-0604; jesheldon@hotmail.com.

Crystal Clear Expressions Channeling Evening: Messages for the Millenium with Nanci Rose Gerler • Jan. 8, Feb. 5, Mar. 5, April 2, 7-9 p.m. • Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of change. Receive inspiration and healing energies from angels and masters that resonate to your soul. $12. Call 996-8799.

Basic Channeling with Shala Kilmer • Eight weeks beginning Jan. 15, 6:30-9:30 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease and increase your proficiency. Limited to 10 students. $335 plus $4 book. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Channeling Level II with Shala Kilmer • Six weeks starting Mar. 19, 6:30-9:30 p.m. • You decide what kinds of spirits you want to channel, including your own Higher Self or God Within. This is a delightful class. Limited to 10 students. $245. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

A Meeting with the Masters with Shala Kilmer • Jan. 27, 10-4 • Shala will channel master teachers who can answer your questions. Areas include relationships, money, health, career and life purpose. Limited to 12 people. Noon meal and snacks provided. $120. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Message Circle with Shala Kilmer • Feb. 10, 7-9 p.m. • Messages just for you from the spirit world will be channeled by Shala Kilmer. Others in the group are welcome to share information they receive for anyone. Plan on having fun and gaining valuable insights. $20. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Light Transmission with Sandra Shears • Third Sunday of most months • Geared towards lightworkers, pure light frequencies are transmitted which focuses on group energy with group intent, uplifting both self and humanity. Guided by the Higher Communities of Light. $30. Call 663-6440.

Chiropractic

Network Chiropractic Lecture Series with Robert Koliner • 8 p.m. • These talks provide an introduction to the practice and philosophy of Bio-Geometric Integration, and offer an explanation of how gentle chiropractic techniques can assist you to release physical, chemical and emotional stress and achieve optimal health. Free. Call 761-5908; naetdoc@aol.com.

Jan. 8: Initiating a healing process
Jan. 22: How children benefit from chiropractic care
Feb. 12: Chiropractic's role in your health care plan
Feb. 26: Health care in the U.S.
Mar. 12: Crafting a wellness model for your health
Mar. 26: Why medicine is now embracing alternative health care
April 9: The relationship of posture to consciousness
April 23: Understanding the information highway of the body

Christianity

Rediscovering Christ for the 21st Century with Gabriele Uhlein through Weber Center • Jan. 26 at 7:30 p.m. through Jan. 28 at 1 p.m. • Discover Christianity's sturdy Christ-centered roots in the very heart of the trinity. As we live into the 21st century, we seek clearer ways to heal the competitive, dualistic wounds of our suffering world. Using the renowned Rubelev icon of the trinity as springboard for our conversations, we will consider Christ as the incarnate Wisdom of God. $125. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org or http://www.op.org/adrian/weber.htm.

Chronic Pain, Chronic Illness

Counseling Group for Women with Chronic Illness and Pain with Erica Dutton • Weekly • This weekly group is open to women with any kind of chronic illness or pain. Chronic illness and pain can be an isolating and life-changing event. It can also be a time to re-evaluate your life and create a new one. The group focuses on coping effectively with the present realities and picking up the pieces, moving forward and creating a new satisfying life for the future. Come and share experiences, learn from other women. $350 for 10 weeks with discounts available. Call 677-3056; eldutton@wccnet.org.

Healing from Chronic Illness with Darren Schmidt • April 10, 7-8:15 p.m. • Dr. Schmidt will help you understand the basics of healing from a chronic illness. Bring your own personal history to get individual answers. Free. Call 302-7575.

Community

Cohousing of Ann Arbor Information Meeting with Nick Meima at Crazy Wisdom Meeting Room • Jan. 16 or Feb. 19, 7:30 p.m. • Building the second cohousing community in the Ann Arbor area. Cohousing is a concept that originated over 39 years ago in Denmark. The underlying premise is that some people desire more connection and community in their lives. The cohousing concept is based on owning one's residence, and the site is developed in a way to maximize the opportunities to interact with one another. The first project in Michigan - Sunward Cohousing - was completed several years ago. After an extensive search for land on which to build the second community, the site has finally been found. Come to hear more about cohousing. Call 663-5853.

Introduction to Urban Cohousing with Southeastern Michigan Ecological Cohousing (SEMECO) at Crazy Wisdom Meeting Room • Feb. 12, 7-8:30 p.m. • Members of SEMECO are working to establish a cohousing community in Ann Arbor. Come learn about this new housing concept. New members especially welcome. Free. Call Mike Nowak at 657-8603.

Conferences, Fairs & Festivals

Dimensions in Light Festival through Lighthouse Center • Mar. 25, 11-7 at Washtenaw Community College • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear coning, aura photography, health products and free lectures. Volunteer and get in free. $5 admission. Call Nirmala at 663-2218.

Celebrations Around the World Discovery Day with U of M Exhibit Museum of Natural History • Mar. 25, Noon-4:30 • Sample food, see live dance performances and try crafts from cultures around the world to celebrate the arrival of spring. Co-sponsored by the Ann Arbor Public Library. Free. Call Amy Harris at 763-4191.

Creativity

Dancing with the Muses: Awaken Your Creative Self with Jill Blixt • Feb. 24, 1:30-4:30 at Crazy Wisdom Meeting Room • A key to unlocking our creativity is to be vibrantly awake and aware as we live each and every day. We will create from a beginner's mind. Come stretch your imagination, stir your senses, enliven your curiosity and awaken the muses within. $35 includes art materials. Call 665-4577.

Discovering the Artist Within with Trisha Singelyn • Ongoing evenings and weekends • These classes are designed to give you the opportunity to explore your creative potential. You choose the media for expression and I will offer the instruction and guidance needed to bring your ideas into form. Classes in painting, drawing, sculpture, mask making, mandalas, shield making and more. $25 private sessions or $20 for classes of 2 or more. For exact times and dates, call 248-542-0035; artforms.iwarp.com.

The Crazy Wisdom Calendar

Creativity (continued)

Crystal Energies #1: A Transformative Weekend Workshop with Mateyo Empie • Mar. 23-25; Friday 7-10:30, Saturday 10-5, Sunday 10-5 • Make friends with the most ancient beings on Mother Earth, the stone people, and use their power to tune, amplify and direct healing energies. Emphasis is on developing healing intuition in a fun, supportive environment while increasing psychic sensitivity. Learn choosing, clearing and programming crystals; diagnosis of aura structures and more. Advanced levels of study available. The class fee includes a tuned set of healing stones. $225 with a $25 discount if paid by Mar. 9. Call 663-5505; snakewillo@aol.com.

Death & Dying

Beyond the Dream of Dying: Understanding Death, Bardo and Liberation from the Radical Perspective of Tantric Buddhism with Traktung Rinpoche of Flaming Jewel Dharma Center • Jan. 25, 7:30 p.m. at Crazy Wisdom Meeting Room • The common view of death is informed by fundamental mistakes about the nature of life. The ancient and modern tantric adepts penetrate the illusion of death and discover a ground of radical potentiality - a dimension fraught with spiritual possibility. Understanding death, we understand life. Understanding life, we move beyond the dream of dying. Free. Call 665-2456.

The Buddhist Approach to Death and Dying with Geri Larkin of Still Point Zen Buddhist Temple • April 21, 1-4 p.m. • The stages of death and dying will be covered and combined with compassionate caretaking. $30. Call 313-831-1201.

Living Well, Dying Well: Accepting Death as a Part of Life with Lorna Brown • Mar. 24, 10-4:30 • An exploration of ancient and modern concepts regarding death and the dying process. Especially designed to assist all beings in integrating their own death into their life experience, including exercises related to living and dying. $35. Call 734-428-8748; starlabrow@aol.com.

Life Lessons with David Kessler through the Church of Today • Jan. 31, 7:30 p.m. • Talk will be on David Kessler's new book, *The Needs of the Dying: A Guide for Bringing Hope, Comfort and Love to Life's Final Chapter*. Free. Call 810-758-3050.

Dreams & Dreaming

Leila Dream Circle with Suzanne Eastman • Jan. 12, Feb. 2, Mar. 2, April 6; 7:30-10:30 p.m. • Understand the wisdom of your dreams by discovering common archetypes and uncovering your personal dream symbols. Reenact your puzzling dream through psychodrama or reenter it through shamanic trance. Monthly committed group led by psychotherapist. Call 665-9588; suzanne@home.msen.com.

The Spiritual and Healing Power of Dreams with Rebecca Mullen • Mondays, 7-9:30 • Dreams are shared and discussed in terms of the present life situation. Each dream gets reactions from the group, as though it was each member's dream - dealing with the personal and the collective symbols. $5 per session. Call 662-5925.

Druidry

Coffee Hour with The Druids of Shining Lakes Grove • 7-9 p.m. • Join us for coffee and discussion. Free. Call Rob Henderson at 487-4931; robh@cyberspace.org.
Jan. 25: The Goddess Brid
Feb. 22: Love Deities
Mar. 22: Rites of Spring
April 26: Bunnies

Druidic Lore Classes with Rob Henderson through The Druids of Shining Lakes Grove • April 3, 10, 17; 7:30-9 p.m. • We will provide an introduction to the basic concepts of neo-Pagan Druidry as practiced by Shining Lakes Grove. Topics will include the Three Kindreds (Gods, Ancestors and Nature Spirits), the Guild system, the ADF Study Program and environmental service projects. Free. Call Rob Henderson at 487-4931; robh@cyberspace.org.

Drumming

"Drummunity!" Circles at Crazy Wisdom with Lori Fithian • Tuesday, Feb. 13, 7-9:30. Wake up your heartbeat - Valentine's eve. Tuesday, March 20, 7-9:30. Celebrate the Spring Equinox! • Bring the whole family for some rhythmic fun! There won't be much room for dancing, but we'll make some joyous music with rhythm and song. Free, drums provided. Small drums and percussion encouraged. Call Lori Fithian at 426-7818. Lfith@yahoo.com.

Drum Making Workshop at Crazy Wisdom with Wayne Manthey • Monday, April 23, 6:00 p.m. • In approximately four hours, create your own single side frame drum using deerhide and a 13" or 16" diameter cedar frame. Cost is $95 for a 13" drum or $110 for a 16" drum. Call Wayne Manthey at (612)729-2962 or (612)827-0533. Drummaker2@aol.com.

The Nature of Rhythm with Opwagon Andrew Schreiber • Sundays beginning Jan. 7, 4-6 p.m. • The class will focus on group drumming. Basic hand drumming techniques will be covered. All welcome. No previous experience needed. $15 per class or $50 per month. Call 973-6975.

Carol Karr is one of the managers of Crazy Wisdom Bookstore. She'll be leading a Beltane Celebration at the store on April 30th.

DrumWomyn: An Orchestra of Drums with Deb Hillebrand • First and third Sunday of each month • This group recognizes and celebrates the special connection between women and the drum, providing diversified experience with the drum. Membership fee. (The director is retained by the group. The philosophy stated above is the group's and not the director's.) Call Sandra at 663-6440.

Touching the Heart of Creation: Shamanic Drumming and Singing in the Twisted Hairs Tradition with Debbie Crystal Dream Woman and Terri Changing Raven • Mar. 9, 6:30-8:30 p.m. at Crazy Wisdom Meeting Room • Like the first heartbeats in our mother's womb, the drum connects us to the source of all creation. Every spiritual tradition expresses this connection in its own way. Come experience drumming and singing in the Native American shamanic tradition of the Twisted Hairs as we touch the heart of creation together. Free. Call 248-541-5267.

African Drum Class with BeKaye Kouyate • All levels Saturday, 6-7:30 p.m. and Advanced Monday 7:30-9 p.m. • The class will teach djembe (hand drumming) technique, simple and complex polyrhythms and traditional music from Mali and Guinea. $15 for all levels and $20 for advanced. Call 547-2801 or 276-8222.

Drumsong Workshop: The Art and Spirit of Drumming with Ubaka Hill • April 28 and 29 • Explore the art and spirit of the drum as a means of creative self-expression, joy, healing, personal power, connection to life! Learn drum technique, drum maintenance and the physical and psychological effects of drumming. For cost, call 248-656-1071; jpiazza@igc.org.

Frame Drum Circle with Judy Piazza • 6 Tuesday evenings beginning Jan. 9 • Explore the family of frame drums of an ancient lineage, learning techniques on the tar, riq and bodhran, traditional as well as spontaneous rhythms. Blend voice and playing from your center while experiencing the power and beauty of these drums. $75-$100 sliding scale. Call 248-656-1071; jpiazza@igc.org.

Egyptian Tambourine Workshop with Glen Velez • Feb. 17, Noon-5 at Upland Hills School • Learn the techniques and allure of the ancient riq, the Egyptian tambourine commonly used in Middle Eastern music and dance. History, slides and demonstration of muzhar (large tambourine) also. Riqs will be provided. $75-$100 sliding scale. Call 248-656-1071; jpiazza@igc.org.

Drop-in Womyn's Drum Classes with Lori Fithian • Mondays 7:30-9:30 p.m. • Learn to play hand drums and percussion, including our own ancient tradition, the tambourine and other frame drums. All levels welcome, drums provided, come when you can! $10 per class. Call 426-7818; lfith@yahoo.com.

Rhythm Drum and Fun Playshops for Womyn with Lori Fithian • Jan. 28 and Mar. 18, 1-6 p.m. • Come play in a circle of rhythm! Learn to play hand drums, sing a new song or two and share your rhythmical spirit in a circle of womyn. Potluck gathering follows. $30 each. Call 426-7818; lfith@yahoo.com.

Womyn's Winter Drum Circle with Lori Fithian • Feb. 18, 3-5:30 • Join us for a gathering of drumming and singing - less "student crisis mode" and more playing! A brief intro to basics of playing hand drums, for beginners, followed by some extended rhythmic bliss! $10. Call 426-7818; lfith@yahoo.com.

Glen Velez with Judy Piazza and Friends • Feb. 18, 7:30 p.m. • Hear the sounds, tones and textures of the incredible family of frame drums, including the Egyptian riq, Celtic bodhran, North African tar, South Indian canjira, with harmonic overtones and more. $15. Call 248-656-1071; jpiazza@igc.org.

Drumming for Spirit with Matt Dillon through Upland Hills Ecological Awareness Center • Jan. 13, 2-6:30 p.m. followed by open drumming session 7 p.m.-Midnight • A "Large Drum" experiential workshop for beginners and accomplished drummers alike. We will provide a safe environment where participants can work towards attaining a true comfort level with their drum, and gain confidence needed to play from the "spirit within" versus the "head without." We will work towards freeing and harmonizing our inner bodily rhythms to use our drums for personal and planetary healing. $25 or $20 for members. Open drumming session by donation. Call 623-8419 or Gary at 248-628-7463 or EAC at 248-693-1021.

Beginning Afro-Carribean Hand Drumming with Chris Gates • Tuesdays starting Jan. 9, Feb. 6, Mar. 6, April 3; 7:00 • A month-long introduction to the drumming traditions of Africa and her diaspora. Learn to play djembe, ashiko and conga. Classes are geared for beginners and no experience is necessary. Drums provided. $36 per month. Call 657-7814.

Energy Healing & Esoteric Anatomy

The Esoteric Cause of Disease with Laurie Akerros • Feb. 2 or Mar. 23; 7-9 p.m. • All life is energy at different frequencies. When we have disruptions in that energetic flow, whether at the mental, physical or emotional levels, the result will be disease or dysfunction. $10. Call 995-2719.

Essence Point Healing Night: Energy Healing led by Practitioners • Feb. 15, 7:30 p.m. • A core group of channelers provides a supportive atmosphere for a powerful yet gentle healing energy to engage all in attendance. Individual healing available from practitioners ending with healing energy sent to others by request. $10. Call 913-9830; essencepoint@hotmail.com.

A Physical Demonstration of the Human Bio-energy Field and of Esoteric, Anatomic Subfields with Darren Schmidt • Feb. 13, 7-8:15 • Dr. Schmidt will demonstrate physically the human bio-energetic field. He will also show how this field is valuable in analyzing a person's physical and nutritional status through muscle testing. You will learn how to muscle test for foods. Bring a friend! Free. Call 302-7575.

Fathering

Boot Camp for New Dads • Jan. 11 from 6-9 p.m., Feb. 8 from 6-9 p.m., Feb. 17 from 9-Noon, Mar. 24 from 9-Noon, April 7 from 9-Noon • This class is designed for first time fathers of all ages! You'll learn lots of practical information on parenthood, baby care, becoming a family and supporting the new mom. You'll even get hands on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. Taught by MEN! $20. Call 800-231-2211, 734-712-5400 or 734-827-3777.

Feng Shui

Feng Shui Basics with Lynn Meadows • Jan. 23 or Mar. 26, 7-9 p.m. or Jan. 27 or Mar. 31, 10-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles. Based on self identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30 with discounts available. Call 433-9102; lynnsm@hotmail.com.

Feng Shui Beyond Basics with Lynn Meadows • Jan. 27 or Mar. 31, 1-5 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60 with discounts available. Call 433-9102; lynnsm@hotmail.com.

What a wonderful life I've had! I only wish I'd realized it sooner.

-Collette

The Feng Shui of Fabrics for Interiors and Fashions with Lynn Meadows • Jan. 24, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony. Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30 with discounts available. Call 433-9102; lynnsm@hotmail.com.

Feng Shui in the Garden with Lynn Meadows • Mar. 28, 7-9 p.m. • The ancient art of Feng Shui can help you create living natural surroundings that will feed your heart and soul, help you gain and retain a perfect state of health as well as provide space in which you can achieve your highest goals. Learn about plants that can eliminate toxins in your environment, awaken your senses and invite your presence in a way that will delight and satisfy the human need to be with nature. $30 with discounts available. Call 433-9102; lynnsm@hotmail.com.

Feng Shui for Realtors and Homebuyers with Wendy Warrick • Jan. 15, 7-9 p.m. at Crazy Wisdom's Meeting Room • What should you look for in a new house if you'd like to increase your potential for health, prosperity and happiness? What can Realtors look for to find just the right home for their clients? Feng Shui can help you find a house that does more than meet your functional and aesthetic needs through careful consideration of architectural style, site, surrounding buildings, compass points and more. $30. Call 913-9619.

Feng Shui and Chinese 5 Element Theory with Wendy Warrick • Jan. 29, 7-9 p.m. at Crazy Wisdom's Meeting Room • This is an in-depth advanced class exploring the 5 elements of wood, fire, earth, metal and water to align and harmonize the chi in your environment. This helps create a smoother flow to your life's journey. The control and nourishing cycles will be discussed as well as neutralizing imbalanced elements. $30. Call 913-9619.

Feng Shui Fundamentals Series with Wendy Warrick • Feb. 5, 7-9 p.m. • What is Feng Shui? What can it do for you and your environment? Learn how this ancient Chinese system can create a home or office environment that supports bringing prosperity, health and happiness into your life through the placement of furniture, walls and more. Students will complete a Feng Shui analysis and action plan of at least one room in their home. $35. Call 913-9619.

Living in Harmony with the Earth through Feng Shui with Wendy Warrick • Feb. 26, 7-9 p.m. at Crazy Wisdom's Meeting Room • Learn how to understand the earth's flow of chi and how to use this Feng Shui knowledge to live an environmentally friendly co-existence with the earth. Reduce, reuse, recycle Feng Shui! Geographic formations and weather patterns will be discussed as well as deep Feng Shui healing meditations for the earth. $30. Call 913-9619.

Feng Shui and Gardening with Wendy Warrick • Mar. 19, 7-9 p.m. at Crazy Wisdom's Meeting Room • Spring is a great time to expand the good chi in your home to your whole yard by using the transformative power of Feng Shui in the outdoors. Selection and placement of plants, flowers and trees to effect harmony, balance, protection and more will be covered. $30. Call 913-9619.

Commercial Aspects of Feng Shui with Wendy Warrick • April 9, 7-9 p.m. at Crazy Wisdom's Meeting Room • Broaden your Feng Shui base of knowledge with this look at using Feng Shui to help businesses succeed in the material as well as spiritual planes. Feng Shui principles will be applied to locating or improving existing sites, and interior considerations for all types of businesses. $30. Call 913-9619.

Feng Shui and Architectural Styles with Wendy Warrick • April 16, 7-9 p.m. at Crazy Wisdom's Meeting Room • This class will cover the variables related to the building of, or existing structures: the impact of various architectural elements and styles, site selection, the impact of natural elements, and using the 5 elements theory to assess site, structure and the surrounding buildings to determine the probability for health and prosperity. $30. Call 913-9619.

Food Medicine & Nutrition

What Americans Need To Do To Let Their Food Be Their Medicine and Their Medicine Be Their Food with Darren Schmidt • Jan. 9, 7-8:15 p.m. • Why are some Third World countries healthier than us? The difference is in the food. Discover their secrets. Free. Call 302-7575.

Emotional Eating: The Food and Mood Connection with Rochelle Kostant • April 26, 7-8:30 p.m. • Women in our culture spend countless amounts of time, money and emotional and mental energy in the pursuit of thinness. Increase your awareness of the ways in which overeating can become an unhealthy way of dealing with emotional stresses and learn how to develop healthier strategies for channeling emotions. $5. Call 800-231-2211 or 734-712-5400.

Women, Food and Body Image: Case Consultation Group with Judith Banker • Second Tuesday of each month beginning Jan. 9, 9-10 a.m. • Case consultation and training group for health care professionals working with or interested in treating eating disorders, body image and compulsive overeating. $25 per meeting. Call 668-8448.

Energetic Food Analysis with Tom Egan • Mar. 10, 1-3 p.m. • Receive an energetic food analysis and feel how those foods compare with other members of the group. Find out your specific foods that generate and degenerate health for your unique constitution. Hone in your intuition through a process of kinesthetic comparison. An experiential workshop with readings, channeling, Q&A and discussion. Individual sessions also available. $25. Call 734-276-5677.

Herbs, Plants & the Garden

Herbal Healing the Wise Woman Way: A Presentation and Conference featuring Susun S. Weed • Mar. 30 and 31, Friday evening and all day Saturday • Friday evening presentation by featured guest Susun S. Weed. Saturday full day botanical medicine workshop featuring Susun S. Weed and complementary and alternative medicine practitioners who will discuss women's health and the use of herbal medicine in alternative and traditional health care settings. $10 for Friday. Saturday cost to be announced. Call 662-4902; msteffen@umich.edu or www2.med.umich.edu/esn/edprograms/alldate1.cfm. See ad on page 3.

Workshop on Growing Herbs with The Druids of Shining Lakes Grove • Mar. 27, 7:30-9 p.m. • The Healers' Guild of Shining Lakes Grove will demonstrate how to plant and grow herbs. Free. Call Rob Henderson at 487-4931; robh@cyberspace.org.

Terminal Illness and Life Threatening Disease with Linda Diane Feldt • Feb. 6, 7:30-9:30 p.m. at Crazy Wisdom's Meeting Room • Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call 994-4589; pfc@izzy.net.

Weeds on Madison Avenue: Politics, Policies and Conspiracies Affecting Herbs and Your Health with Linda Diane Feldt • Jan. 2, 7:30-9:30 at Crazy Wisdom's Meeting Room • Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call 994-4589; pfc@izzy.net.

Wise Woman Herbal Tradition and the Six Steps of Healing with Linda Diane Feldt • Mar. 6, 7:30-9:30 p.m. at Crazy Wisdom's Meeting Room • This discussion will focus on learning strategies for integrating herbs into your life and healing, as well as coping with illness and disease the Wise Woman Way. Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call 994-4589; pfc@izzy.net.

The Crazy Wisdom Calendar

Herbs, Plants and the Garden (continued)

The Myths of Fasting: Herbs for Nourishment, Not for Punishment with Linda Diane Feldt • April 3, 7:30-9:30 at Crazy Wisdom's Meeting Room • Does deprivation return our bodies to good functioning, or would learning to nourish ourselves serve more purpose? Do our organs need a rest, or do they thrive on great attention? Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call 994-4589; pfc@izzy.net.

Herbs to Stimulate Immunity and Restore Health with James McDonald through Upland Hills Ecological Awareness Center • Jan. 28, Noon-5 • This workshop will focus on several herbs known to enhance immune system functioning and explain the ways in which different herbs nourish our well being. Detailed handouts will be provided explaining the properties and actions of the herbs covered, preparation techniques and the fundamentals of herbalism. $25 or $20 for members. Call Jim at 248-737-3589 or Gretchen at 248-628-7463.

Herbs to Calm the Mind, Body and Spirit with James McDonald through Upland Hills • Mar. 11, Noon-5 • This workshop will focus on several herbs known to lessen anxiety and ease tension. Which herbs work best in each situation will be highlighted. Detailed handouts will be provided explaining the properties and actions of the herbs covered, preparation techniques and the fundamentals of herbalism. $25 or $20 for members. Call Jim at 248-737-3589 or Gretchen at 248-628-7463.

Holistic Health

It IS All In Your Head with Theresa Miller • Feb. 4, 1:30-4 p.m. at Crazy Wisdom's Meeting Room • A fascinating look into the world of body/mind medicine. We'll explore how our beliefs effect our physical bodies and can promote illness or healing. $15. Call 248-539-8456.

Fibromyalgia: Symptoms, Treatment and Prevention Lecture with Dr. Barry Hobbs • Jan. 25, 7:30 p.m. • Learn about the debilitating symptoms of fibromyalgia and other musco-skeletal diseases. Traditional treatment plans will be discussed along with new research on treatment of fibromyalgia. A fun lecture to learn about the human body and the neuro-muscular system. Free. Call 416-2442.

ADD/ADHD and Ritalin Lecture with Dr. Barry Hobbs • Feb. 5, 7:30 p.m, • Learn about the attention disorders in today's society. Diagnosing and treatment of ADD/ADHD will be discussed. Ritalin and its use of treatment with attention disorders will be discussed as well. Free. Call 416-2442.

Diabetes and the Endocrine System Workshop with Barry Hobbs • Feb. 19, 7 p.m. • Learn about the endocrine system and its relationship to the human body. Learn about endocrine diseases such as diabetes and its treatment and prevention. Hormones, glands and organs will be included in discussion. Free. Call 416-2442.

The Power of the Nervous System Lecture with Barry Hobbs • April 9, 7 p.m. • Learn the different parts of the nervous system and their functions. The connection of the nervous system with the muscular, endocrine and digestive systems will be discussed. A complimentary neurological scan will be conducted. See if your "power" is on! Free. Call 416-2442.

Homeopathy

The Most Powerful Homeopathics Ever Made with Darren Schmidt • Mar. 13, 7-8:15 p.m. • Genesis Essence Seed remedies heal deeply in all aspects of health - structure, nutrition and emotions. They help you evolve and move forward from issues that keep you stuck. Free. Call 302-7575.

> Who looks outside, dreams. Who looks inside, awakes.
>
> - Carl Jung

Hypnotherapy

Self Hypnosis for Change with Rose M. Beres • Jan. 20 and 27, Noon-2 • Use the powerful techniques of self hypnosis to help create positive changes in your life. Harness the fantastic power of your subconscious which influences behavior. Learn to reduce stress, weight, fear and insomnia. Unlock your willpower, motivation, job success, creativity, attract love and more. $35 or $29 if paid in advance. Call 734-207-5310.

Hypnosis for the Health of It: An Introduction to Hypnosis with Eileen Bond and Lucinda Orwoll • Feb. 11, Mar. 11 or April 8; 3-5 p.m. • Learn what hypnosis is, why and how it works. Learn what an induction and trance are and the benefits of hypnosis for mind, body and spirit. Assess your ability to be hypnotized through sensory modalities. $15. Call 668-1040.

Infant Massage

Infant Massage Classes with Audrey Simon • Wednesdays, 10:30-Noon • 4-week sessions start monthly. Learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85. Call 741-9706.

Intimacy & Relationships

A Couples Retreat: Marriage, A Bridge to Different Lands with Sean Hogan-Downey and Bill Downey through Weber Center • Feb. 23 at 7:30 p.m. through Feb. 25 at 1 p.m. • Sean and Bill will present some of their thoughts, experiences and understandings of the "different lands" that we each come from and which we bring to the relationship. The land between you is a soul space, composed of psychological and spiritual nutrients. Each partner's space is different. Sean and Bill will show you how to visit each other's soul space and learn to cherish the land between you. $250 per couple. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Passion and Intimacy: A Workshop for Lesbian Couples with Carole Kirby • Jan. 27, 10-5 • Through lecture material, experiential exercises, discussion, sexual style survey, video clips and playfulness, you will be introduced to information and experience that will help you explore, reclaim and increase your passionate potential as a couple. $125 per couple. Call 810-776-6622 or www.therapy4couples.com.

Introduction to Imago Therapy for Couples and Singles with Carole Kirby • Feb. 11, 2-4:30 p.m. at Crazy Wisdom's Meeting Room • Come learn how the unconscious forces that attract us to a partner are also the source of conflict and power struggles. Find out how our hurts from childhood greatly influence our patterns of perception and behavior. The goal of Imago relationship therapy, based on *Getting the Love You Want* by Harville Hendrix, is to free couples from the power struggle by changing their reactive and ineffectual behaviors into a force for compassion, healing and growth. All kinds of couples welcome. Free. Call 810-776-6622; www.therapy4couples.com.

Rediscover the Joy of a Committed Relationship: A Workshop for Couples with Carole Kirby • Feb. 23-25; Friday 7-10:30 p.m., Saturday 8:30-8, Sunday 8:30-7 • Discover what's beneath the longstanding conflicts and how to use your relationship for mutual healing and fulfillment. This intensive, psycho-educational workshop is based on Image relationship therapy (see above). The workshop includes lectures, written exercises, experiential exercises and playfulness to help couples replace their ineffectual behaviors with behaviors that can set them on a path to real love, safety, trust and connection. $550 or $500 prepaid per couple. Call 810-776-6622; www.therapy4couples.com.

Rediscover the Joy of a Committed Relationship: A Workshop for Lesbian and Gay Couples with Carole Kirby • Mar. 23-25; Friday 7-10:30 p.m., Saturday 8:30-8, Sunday 8:30-7 • See above description. $550 or $500 prepaid per couple. Call 810-776-6622; www.therapy4couples.com.

Finding Your Soul Mate with Shala Kilmer • Feb. 24 or April 21, 10-5 • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to 12 people. Noon meal and snacks provided. $140. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Mystical Lover with Arielle Ford through Church of Today • Jan. 24, 1 and 7:30 p.m. • Ford will talk about her book, *Hot Chocolate for the Mystical Lover*. Free. Call 810-758-3050.

Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life with Debbie Ford through Church of Today • Feb. 21, 7:30-9 p.m. • Ford will discuss her new book, *The Dark Side of the Light Chasers*. She has appeared many times on Oprah. Free. Call 810-758-3050.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Second and Fourth Thursdays of each month, and the first Saturday of each month, 2-5 p.m. • $1 per minute. No appointment necessary. Call 971-0795.

Free Psychic Workshop with Shala Kilmer • Jan. 14, Feb. 11, Mar. 11 or April 15; 2-4:30 p.m. • Shala will teach people to use their own abilities. Results can be seen immediately. Free. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Get Intuit with Shala Kilmer • 4 weeks starting Jan. 16, Mar. 14 or April 11; 7-9 p.m. • Intuition training in the workplace for increased productivity. Bring your questions. You will learn easy ways to answer them. $200. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Photo by Neil Heidrich

Laurie Akerros is a massage therapist, bodyworker and craniosacral therapist. She has also been working with different forms of esoteric healing.

Basic Intuitive/Psychic Development with Shala Kilmer • 8 Thursdays starting Jan. 18, 6:30-9:30 • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. $335 plus $10 book. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Psychic Readings Day with Jewel Shelden • Jan. 14, 1-5 p.m. • Begin the year 2001 with a forecast on your job, loves and energy. Card readings, palm readings and spirit channeling by psychic advisors Micky Arvoy, Deb Duncan and Jewel Shelden. $20 for 20 minutes. Call 998-0604; jesheldon@hotmail.com.

Essence Point Basic Psychic Development Review and Reading Practice Sessions with Anita McKay • Review Sessions: Jan. 29, Feb. 26, Mar. 26, April 23; 7:30-9 p.m. and Reading Practice Sessions: Jan. 11, Feb. 8, Mar. 8, April 12; 7-9 p.m. • Essence Point offers a supportive environment for practicing psychic/intuitive skills. Attention to grounding and distinguishing psychic energies is stressed. Newcomers welcome to review sessions but are required to have read *Basic Psychic Development* by John Friedlander and Gloria Hemsher. These sessions will consist of guided exercises from the first part of the book. Practice sessions involve intuitively reading from others from your higher self or from your psychic screens. $5 for review sessions. Practice sessions by donation. Call 741-0478; mckays@concentric.net.

Basic Psychic Development I and II with John Friedlander through Essence Point • Part I: Feb. 3, 9:30-5; Part II: Mar. 3, 9:30-5 • Each of us has a bubble of spiritual energy surrounding us called the aura. Learning to transform our aura transforms our love and life experiences. While the exploration and healing of the aura is an incredible adventure that can fill a lifetime, the basic system can be learned in a day. John teaches an integrated system based on two fundamental building blocks: distinguishing your psychic energy from other people's and releasing energy blockages in your aura. Part I emphasizes our chakra system and Part II the layers of the aura. $75 each day. Call Anita McKay at 741-0478; mckays@concentric.net.

Basic Psychic Development III with John Friedlander through Essence Point • April 20, 7-9 p.m. and April 21, 9:30-5 • We will learn the techniques for doing professional quality aura readings. Reading auras is fun and more. First, it provides the skills for advanced healing of one's self and others. Then, eventually, one discovers ever increasing and often thrilling skills to use in life and relationships. $125. Call Anita McKay at 741-0478; mckays@concentric.net.

Intuitive Awareness I: Awareness and Intuitive Self Healing (Also Preparation for Animal Communication) with Ray O. Golden through Center for Intuitive Health • Jan. 13-14, 10-5 or Wednesdays, Mar. 21-April 18, 7-9:30 p.m. • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-Of-The-Heart (Higher Self) and to do readings from that level. $139 with discounts available. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden through Center for Intuitive Health • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $149 with discounts available. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden through Center for Intuitive Health • Mar. 24-25, 10-5 • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. $169 with discounts available. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden through Center for Intuitive Health • April 28-29, 10-6 • Learn to safely become a conscious channel, using a technical system as your foundation. Call 663-9724; intuitivehealth@aol.com.

Judaism

Jewish Renewal Spiritual Practice: Rabbi Shefa Gold Returns to Ann Arbor - A Shabbat Weekend • May 4-6 • Spiritual practice, chanting and study with one of the leading practitioners of Jewish mystical chant and ecstatic devotion. For cost, call Rabbi Elliot K. Ginsburg at 973-1112 or Linda Jo Doctor at 973-1113.

Jewish Renewal Saturday Morning Shabbat Services: Paides Hannah • Second and Fourth Saturdays of each month • Contemplative Saturday morning Shabbat services including chanting, meditation, study and deep prayer. Services are lead by Rabbi Elliot K. Ginsburg, Barbara Boyk, Ed Kass, Evelyn Neuhaus and other community members. Call Linda Jo Doctor at 973-1113.

Kids & Young Adults

The Diana Circle: An Ongoing Circle of Support for Teen Girls Coming-of-Age with ShuNahsii Rose • Beginning in February • This is a weekly educational and support group for teenage girls interested in a spiritual path that explores indigenous teachings and goddess studies. We will have a few spaces opening in February. Mutual interviewing necessary. Call 761-9148.

Teens Coming of Age: Honoring Their Spirits - A Talk for Parents and Mentors with ShuNahsii Rose • Jan. 23, 7 p.m. at Crazy Wisdom's Meeting Room • The indigenous perspective on child rearing and coming of age is largely contrary to our modern Western views and has a great deal to offer when it comes to saving the souls and futures of our children. Curious? Struggling with a need for new ideas or support with your teen or pre-teen kids? Come and join us for an evening of storytelling and discussion. Free. Call 761-9148.

Children's Sunday School at Lighthouse Center • First and Third Sundays, 10:30-12:30 • Classes in spiritual development for children, ages 4-teens, whose parents are mantra meditators. Principles of metaphysics, yoga, mantra meditation, Christianity and world religions are taught at different age levels. Call Nirmala at 663-2218.

Children's Meditation Class with Larissa Czuchnowsky of Deep Spring Center • Jan. 27, Feb. 3, 17, 24; 3-5 year olds meet at 10, 6-8 year olds meet at 11, 9-12 year olds meet at Noon • Divided into three age groups, this class will practice the uses of meditation for mindfulness, body awareness, creativity and the imagination, concentration, emotions and relaxation. Class content will be age appropriate and will include various games, body awareness and mindfulness exercises, storytelling and silence. $30. Call 971-3455 or 475-2933.

Holistic Vocal Singing Class for Teenagers with Jesse Richards • 6 weeks starting Jan. 21 • Teenagers can have fun learning vocal technique, harmonies, songwriting, performing skills and making new friends. Jesse's classes are ultra supportive environments for teens to develop confidence and explore the arts. $90. For times, call 995-2972; jessing@home.msen.com.

Yoga for Moms with Young Kids with Ema Stefanova • Mondays 11 a.m. • Class suited for parents with infants in pleasant and safe environment for the children while parents do yoga. You will learn postures, breathing and meditation. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

The Labyrinth

The Mystery of the Labyrinth with Esther Kennedy and Kathleen Schanz through Weber Center • Jan. 20, 9:30-4 • The sacred pattern of the labyrinth can awaken us to the infinite mystery of the divine imprint in all of creation. The labyrinth provides the sacred space where we can touch our joys and sorrows, embrace our darkness as well as moments of illumination. $60. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Walking the Labyrinth through Visitation • Feb. 2, Mar. 2, April 6, May 4; 9-6 • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls," Lauren Artress, *Walking the Sacred Path*. The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone is welcome to walk this sacred path anytime throughout the day. Free. Call Peggy Schmidt at 734-242-5520; visitation@teleweb.net.

Magic

Magic in Action: Meditation with Leigh Daniels • Jan. 18, 7:30-9:30 p.m. at Crazy Wisdom's Meeting Room • This talk is an introduction to the principles and practice of meditation as it is used in magic, a yoga of the Western tradition. The talk will include a short, guided meditation. $5. Call 483-2334.

Magic in Action: Qabalah with Leigh Daniels • Feb. 15, 7:30-9:30 p.m. at Crazy Wisdom's Meeting Room • This talk is an introduction to the principles and practice of the Qabalah as it is used in magic. The Qabalah is a symbol system useful for tuning consciousness. It will include a short, guided meditation. $5. Call 483-2334.

The Crazy Wisdom Calendar

Magic (continued)

Magic in Action: Ritual with Leigh Daniels • Mar. 22, 7:30-9:30 p.m. at Crazy Wisdom's Meeting Room • This talk is an introduction to the principles and practice of ritual as it is used in magic. It will include a short ritual, The Circles of the Grail. $5. Call 483-2334.

Magic in Action: Whom Does the Grail Serve? with Leigh Daniels • April 19, 7:30-9:30 p.m. at Crazy Wisdom's Meeting Room • This is a talk on the place of service on the spiritual path. Greater knowledge requires a greater level of service. It will include a short, guided meditation. $5. Call 483-2334.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 per minute. No appointment needed. Other times may be added. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Mary Ledvina • Sundays, 1-4 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 per minute. No appointment needed. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Robert Hughes • Fridays, 4-6 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 per minute. No appointment needed. Call 665-2757 or 827-1443.

Massage for Couples with Peter Baker through Pierpont Commons • Feb. 17, 9-4 • Explore massage techniques designed for couples in a semi-private setting. Build intimacy, respect and love with your partner. Due to limited space, enrollment is restricted to 10 couples. $65 per couple. Call Maryann Simons at 647-6838.

Massage with Peter Baker through Pierpont Commons • Wednesdays, Feb. 14-Mar. 14 (no class Feb. 28); 7-9 p.m. • Learn massage techniques that enable you to manage stress in the home or office. Discover the methods used to work with tight muscles in a manner appropriate to the intimacies and sensuality of massage. Bring loose-fitting clothing and a pillow, mat or blanket to lie on. $40. Call Maryann Simons at 647-6838.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 5-7, 8:30-5 each day • This continuation of Neuromuscular Therapy I consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. $350. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

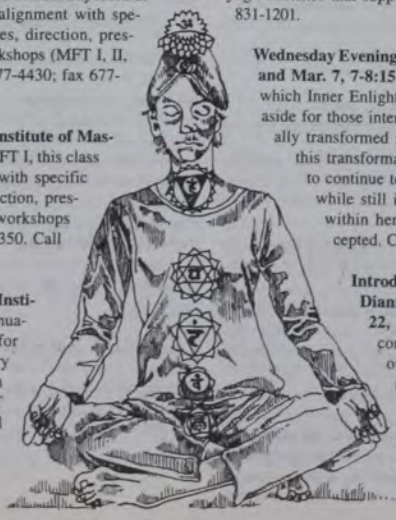
Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 19-21, 8:30-5 each day • This continuation of Neuromuscular Therapy I and II consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. $350. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Neuromuscular Therapy IV with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Feb. 17-18, 8:30-5 each day • This continuation of Neuromuscular Therapy I, II and III will help fill some of the gaps and will greatly expand your repertoire when working with a varied clientele. You will be responsible to know your anatomy for various muscles and structures in the body so that it can be taught in this two-day format. $250. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Myofascial Therapies I with Frances Salvato at the Ann Arbor Institute of Massage Therapy • Jan. 26-28, 8:30-5 each day • This class is an effective form of deep tissue massage which addresses postural distortions and chronic myofascial patterns of strain. Myofascial Therapy offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the workshops (MFT I, II, III) will be devoted to different sections of the body. $350. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Myofascial Therapies I with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Feb. 23-25, 8:30-5 each day • A continuation of MFT I, this class offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the workshops (MFT I, II, III) will be devoted to different sections of the body. $350. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Myofascial Therapies III with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Mar. 16-18, 8:30-5 each day • A continuation of MFT I and II, this class offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the workshops (MFT I, II, III) will be devoted to different sections of the body. $350. Call 677-4430; fax 677-4520; aaimt.earthlink.net.



Seated Massage with Margaret Szedenits at Ann Arbor Institute of Massage Therapy • Mar. 24, 8:30-5 • Seated Massage concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. $150. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Sports Massage I with Jocelyn Granger and Jane Anderson at the Ann Arbor Institute of Massage Therapy • April 7-8, 8:30-5 each day • Sports Massage uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre-event, post-eyent and maintenance and principles of sports injury assessment and treatment. $250. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Meditation

Meditation: Breathing, Chakras and Mantras with Dennis K. Chernin • Feb. 10, 10-4 at Crazy Wisdom's Meeting Room • This workshop will systematically approach meditation and its effects on the body, breath, mind, unconscious mind and higher levels of consciousness. There will be indepth discussion and teaching of the postures to sit for meditation and on which breathing exercises (pranayama) prepare the student for deeper concentration. Meditation techniques will be taught with special focus on energy centers (chakras), sound (mantras) and visual images/geometric forms (yantras). $150. Call 973-3030.

Intensive Meditation through Lighthouse Center • First and Third Friday of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. Free. Call Prachi at 734-449-4381.

Introductory Meditation Lecture with Chetana of Lighthouse Center • Jan. 26, Feb. 23, Mar. 30, April 27; 7-10 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 first time or $15 repeat. Call Nirmala at 734-663-2218.

Mastering Meditation with Kapila Castoldi of Sri Chinmoy Centre • Jan. 19-21 and April 20-22, Friday 7-9 p.m., Saturday and Sunday 2-4 p.m.; Jan. 22, 29, Feb. 5 from 7-9 p.m.; Feb. 7, 11, 14, 18, 21 from 7-9 p.m.; Mar. 11, 18, 25 from 2-4 p.m. • An introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, self-improvement. Following the first three basic sessions, the program continues to lead the individual at creating and maintaining the habit of meditation. Meditative activities such as music, readings will be introduced, along with an in-depth investigation of the philosophy of Yoga. Free. Call 994-7114.

Essence Point Silent Group Meditation • Sundays, Noon-1 • Essence Point offers a 45-minute period of unguided silent group meditation. Comfortable chairs provided or bring a cushion if you prefer. People from any spiritual practice welcome. Most of those who attend have common interests in spirituality and metaphysics. Donations accepted. Call Anita McKay at 913-9830; essencepoint@hotmail.com.

Advanced Weekend Meditation Seminar with John Friedlander through Essence Point • Mar. 30 from 7-9 p.m. (optional), Mar. 31 from 9:30-6:30, April 1 from 10-4 • In this seminar, advanced meditators not only learn to sustain their attention on chakra keys to unlock psychic abilities, we undertake advanced explorations such as using one's clairvoyance to activate and run one's kundalini. Consequently, large, longterm transformations are facilitated. $250 with prepaid discount offered. Call Anita at 913-9830; essencepoint@hotmail.com.

One Day Meditation Seminar with John Friedlander through Essence Point • Jan. 13, 9:30-5:30 • In this seminar, advanced meditators can learn to sustain their attention on chakra keys for an extended time. This liberates abilities such as clairvoyance, telepathy and healing locked in those chakras. Those abilities can be used to cultivate skill and compassion in life and relationships. $100. Call Anita at 741-0478; mckays@concentric.net.

Basic Meditation: A Three Week Course with Geri Larkin of Still Point Zen Buddhist Temple • Feb. 4, 11, 18 or April 8, 15, 22 • This course covers basic postures, breathing, yoga stretches that support one's practice and several forms of meditation. $60. Call 313-831-1201.

Wednesday Evening Meditation for the General Public with Brenda Morgan • Jan. 10 and Mar. 7, 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. This evening has been set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit. Donations accepted. Call Susan at 665-0536.

Introduction and Continuing Insight Meditation with David Lawson, Dianne Austin and Kris Kurnit of Deep Spring Center • Feb. 1, 8, 15, 22, Mar. 8, 15, 22, 29; 7:30-9:30 p.m. • This class is intended for continuing students as well as individuals who have had no previous meditation experience. New students will be instructed separately for the first two weeks so they can become familiar with the basics prior to joining the continuing students. We will then combine everyone so we can learn from one another. See above description of insight meditation. $40. Call 971-3455, David at 662-8317, Dianne at 665-4298 or Kris at 668-1385.

Introduction to Insight (Vipassana) Meditation with Frank Levey and Larissa Czuchnowsky of Deep Spring Center • Feb. 1, 8, 15, 22, Mar. 15, 22, 29; 7:30-9:30 • The introductory classes will offer the basic instructions for insight meditation. This is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness which allows us to experience sensations, emotions, thought and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process moves from the sitting period to the whole of our lives. We begin to know each moment as practice for our growth toward wholeness and harmony. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present now. We will also work with other forms of meditation which nurture non-dual awareness and open the heart. All of these practices derive from Buddhist teachings but no special religious beliefs are necessary to their practice. We perform no religious rituals. The meditations practiced are suitable for those of any religion. $35. Call 971-3455 or 475-2933.

> There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
>
> -Albert Einstein

Introduction to Insight (Vipassana) Meditation with Susan Klimist and Dottie Coyne of Deep Spring Center • Begins in April • See above description. $40. Call 971-3455, Susan at 248-545-8089 or Dottie at 930-0192.

Continuing Insight Meditation with Barbara Brodsky and Cassie Cammann of Deep Spring Center • Feb. 1, 15, Mar. 1, 15, April 5, 19, 26, May 10, 7:30-9:30 p.m. • This class is suggested for continuing students who have recently completed an introductory or continuing class. It is also appropriate for those who have attended at least one retreat or meditation day or have equivalent experience in this practice. Each regularly scheduled class will begin with a sitting, followed by talk or instruction and discussion. $80 suggested donation plus $30 building fee. Call 971-3455 or Cassie at 662-6704; info@deepspring.org.

Insight Meditation with Barbara Brodsky of Deep Spring Center • Jan. 30, Feb. 13, 27, Mar. 13, 20, April 3, 17, May 1, 15, 29; 7:30-10 p.m. • This class is appropriate for experienced meditators. Along with the basics, each semester we focus on a specific aspect of practice. This term, our focus will be on the Four Noble Truths and the Eightfold Path. There is nothing exclusively Buddhist about this path; its accessible to people of all religions. Each class will begin with a sitting, followed by talk or instruction and discussion. $90 suggested donation plus $30 building fee. Call 971-3455; info@deepspring.org.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • Feb. 9 in the evening through Feb. 11 in the afternoon • The two foundations of the weekend are insight meditation and the various supports for our spiritual practices. We'll be alternating sitting and walking meditation. Mindfulness throughout the 24 hour period will be a focus. Although the retreat will be held in silence, there will be clear instruction for beginning and advanced meditators, evening talks and optional discussion periods with teachers. $205 for the weekend. Call Hal at 971-3455.

Meditation Workshop with Ema Stefanova • Sundays 3-5 p.m. • Simple meditation techniques from the yoga and tantra tradition will be introduced such as meditation on the breath, on sound, on light, abstract, etc. Suitable for beginners through advanced meditators. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Children's Meditation Class with Larissa Czuchnowsky of Deep Spring Center • For complete description, see listing under Kids & Young Adults.

Men's Issues

Men's Issues Therapy Group with Cam Vozar • Mondays starting Jan. 8, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per session. Call 747-9073; cvozar@aol.com.

Mid-Life

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • Feb. 2 from 7-10 p.m. and Feb. 3 from 9-4 • Rather than a time of crisis, mid-life can be a powerful call from our soul to be authentic, claim our gifts and honor our dreams. Through writing, image-making and ceremony, we will retreat to weave together the threads of our personal journey, harvest our gifts from our past, create a sacred space to let go of the "if onlies..." and map our dreams for the future. Come initiate your rite of passage to this most powerful time of life. $115 includes materials and lunch. Call 665-4577.

Midwifery

The Art of Midwifery with Patty Brennan and Guest Midwife Instructors through The Holistic Midwifery Institute • 12 Fridays, Feb. 23-May 18 (no class on April 6); Noon-5 • This training provides a model of homebirth practice for aspiring midwives and birth assistants. Some hands-on skills with pregnant women will be taught. Emphasis is placed on incorporating holistic therapies into all aspects of care, from prenatal through postpartum. $660 or $595 if prepaid. Call 663-1523; patty@holisticmidwifery.org.

Business Skills for Midwives and Doulas with Patty Brennan of The Holistic Midwifery Institute • Jan. 20, 9-5 • Come and learn the skills necessary to be successfully self-employed. Topics include money issues, record keeping, taxes, insurance reimbursement, marketing, limited liability, professionalism, ethical concerns and more. This class is specifically geared towards birth assistants, but may be useful to any independent practitioner of the healing arts. $100. Call 663-1523; patty@holisticmidwifery.org.

Mothers & Daughters

A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up • Jan. 20, Feb. 18, Mar. 10; 1-5 p.m. • This class provides both mothers and daughters, ages 9-12, with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mother and daughter; $10 for a second daughter, grandmother or other female family member. Call 800-231-2211 or 734-712-5400.

Movement & Dance

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. • Open the heart to peace and joy through song and chant from the world's spiritual traditions and simple circle dances. This is meditation in motion. All welcome into this circle of blessing. Everything is taught. No partner or experience needed. $5 requested donation, but not required. Call 996-1332.

Life Dance with Suzanne Willets-Brooks • Saturdays, Mar. 3-May 26; Noon-1:30 • Life Dance combines modern dance, yoga and African dance in a spirited, fun and deeply connected form. We will be accompanied by live drumming as we explore delicious ways of unlocking our movement potentials. The environment is fun, encouraging and supportive. $120. Call 482-2607; brooksjer@provide.net.

Feldenkrais: Awareness Through Movement Class with Katherine Rogers • Mondays, Segment 1: Jan. 8-Feb. 19; Segment 2: Mar. 12-April 23; 6:30-7:30 p.m. • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. This method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit only through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. The class is appropriate for all ages and physical conditions. $70 per segment or $12 drop-in per class. Call 971-5285; rogers@wccnet.com.

Move with Ease with Jesse Nichols of Movement Learning Systems • Tuesdays, Jan. 16-Feb. 20; 7:15-8:15 p.m. • Six Feldenkrais Awareness Through Movement lessons aimed at developing overall ease of movement and strategies in dealing with chronic movement and pain issues. $50 for all sessions or $12 per session. Call 913-1072; jdn@movementlearning.com.

Ann Arbor Authentic Movement Group (A2AMG) • Bi-weekly evenings • We are a peer group meeting since 1996 to explore Authentic Movement in community. Authentic Movement is a practice of self-directed movement, of moving, being moved and being seen. We approach AM as personal process, psychological narrative, creative resource and divine play. We invite those who seek to cultivate awareness of their embodied selves to join us. Nominal fee to rent space. Call Robin Graubarth at 665-2345 or Peter Norlin at 734-878-2900; redrobinah@aol.com or pfnorlin@earthlink.net.

Latin Dance with Aurora Torres through Pierpont Commons • Tuesdays, Feb. 6-Mar. 20 (no class Feb. 27); 7-9 p.m. • With the current Latin explosion going on in the music industry, there is a growing interest in the rich Latino culture, and more particularly in its captivating dances. The hip shaking, body moving beats have taken the world by storm. You will learn to dance some of the most beautiful modern dances like Cumbia, Salsa and Merengue while learning about their history and relevance. Get ready to move parts of your body you never thought you could. $40 for 6 classes. Call Maryann Simons at 647-6838.

Scottish Country Dance with Helen Welford through Pierpont Commons • Mondays, Feb. 5-April 2 (no class Feb. 26); 7-9 p.m. • You will learn all the basic steps and formations, then dance reels and jigs to the live music of fiddle and piano! Great exercise and lots of fun! No partner or experience necessary, though if you already know some moves this is the class for you, too! $40 for 8 classes. Call Maryann Simons at 647-6838.

Floor Barre Workshop through Dance Gallery Studio • Feb. 25, 1-2:30 p.m. • Floor barre is a popular technique studied by dancers to increase strength, improve alignment and increase body awareness. This introductory workshop will include stretching and gentle exercises performed with the entire body on the floor. $12. Call Rachel Goldschneider at 747-8885.

Alexander Technique Workshop through Dance Gallery Studio • Jan. 28, 1:30-3:30 p.m. • Alexander Technique is used by dancers, musicians, actors, athletes and anyone who wishes to improve their balance, release body tension and improve physical performance in any activity. The technique uses our body's natural design for movement to correct and prevent injury, improve coordination and free creativity. $15. Call Rachel Goldschneider at 747-8885.

Community Choreography Project through Dance Gallery Studio • Saturdays, Feb. 3-Mar. 31; 3-5 p.m. • An ongoing workshop that uses movement and writing to explore our personal experiences as patients or healthcare providers. Through this exploration, we will create choreography that will culminate in a final performance. $120. Call Rachel Goldschneider at 747-8885.

Contact Improvisation Workshop through Dance Gallery Studio • Feb. 11 or Mar. 11, 2-4 p.m. • Contact Improvisation is a duet dance point of contact. This workshop will focus on building fundamental skills in contact improvisation and on creating an environment that is conducive to respect, trust and playfulness. All welcome. $15. Call Rachel Goldschneider at 747-8885.

The Crazy Wisdom Calendar

Movement and Dance (continued)

Sacred Circle Dances with Esther Kennedy through Weber Center • Jan. 25, Feb. 22, Mar. 22; 7-9 p.m. • A recurring theme in the worldview of modern physics is that the universe is dynamic, marked by a continuous flow of movement, change and transformation. The universe is engaged in a continual cosmic dance of energy. Join the circle and dance our sacred journey of praise. Donations appreciated. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Earth Dance with Jesse Richards • 6 Thursdays beginning Jan. 25, 6-7:30 p.m. • Earth Dance combines many styles including jazz, African and martial arts. It is an exciting, energetic dance style which develops a strong sense of strength, alignment and joy of moving. Earth Dance reminds us we are part of nature, and that dance is a way of life - a part of our spirituality, sexuality, work, politics, health, etc. To bring a greater richness to our dance experience, we also include some chanting and song. $60. Call 995-2972; jessing@home.msen.com.

Music & Sound

Mystical Evening of Chant for Healing with Norma Gentile sponsored by St. Andrew's Episcopal Church • Mar. 16, 8 p.m. • An evening of sacred chant by the 12th century mystic and abbess, Hildegard von Bingen. The evening's music is sung in complete candlelight by soprano Norma Gentile with Tibetan singing bowls and audience derived overtone chant. This is a sacred space dedicated with poetry, music and silence. This is one of a series of concerts being held across the U.S. exploring new aspects of ourselves and our world. Each concert is unique, allowing the healing energies of music to play with those present during the concert. This particular concert delves into the ongoing opening and unfurling of new areas of the heart, planting new seeds for the springtime, in both men and women and encouraging the unfolding of the new sacred power which nurtures and supports all life. Open to all. Free will offering accepted. Call 663-0518; standrew@mich.com or www.healingchants.com.

Sound Healing Through the Heart of Light with Norma Gentile • Mar. 17, Level 1: 10-1, Level 2: 2-5 p.m. • Learn how to imbue your voice (singing, speaking or toning) and your entire aura, including the space up to 25 feet away from your body, with the love and healing power of angelic guides. Using sound, this space can be charged with healing energy. Basic breathing, vocal techniques for speaking and singing, and energetic principles are covered. Included is a sound meditation to open and activate each person's Heart of Light, using the medieval chants of Hildegard von Bingen and the energy of my principle guide, Atamira. Short break provided; bring a lunch. $40 each or $70 for both levels. Call 483-2571; healingchants@aol.com.

The Nature of Art and Science: Shakuhachi Flute and Whale Songs at U of MI Exhibit Museum of Natural History • Feb. 7, 7 p.m. • Our series of conversations with artists and scientists continues with Michael Gould and Salvatore Cerchio. Co-sponsored by the Ann Arbor Art Center. Free. Call Amy Harris at 763-4191.

Evening Concert with Carolyn McDade through Weber Center • Mar. 2, 7:30 p.m. • An evening with Carolyn McDade strengthens the sacred web of life itself. The theme, women-land-spirit, will find expression in song, word and rhythm. $10. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Native American

Shield Birthing and Building Circle with Lynnette M. Michalik • Dec. 27, 3-7 p.m. • The physical manifestation of a shield of power is the cumulation of our efforts on many levels. In this year's shield birthing and building circle, individuals will dream about their shields of power. These visions will be sung into existence woven within the patterns and cycles of nature. Time will be allocated to dream, to share visions, to build and honor our shields and ourselves as we co-empower each other and dream ourselves awake. $50. Call 734-475-6030.

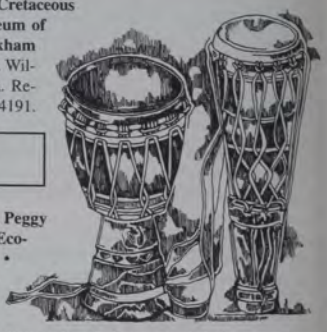
Moonlodge 2001 with Lynette M. Michalik • Jan. 7, Feb. 8, Mar. 9, April 6; 7 p.m. • An open circle of women gather on the full moon to pray in the Sacred Sweat Lodge Lineage. We honor Sister Moon's gifts of receptivity, creativity and the patterns of natural cycles, as we share our personal visions. Various themes including elemental alignment, goddess studies and co-empowerment are woven into the fabric of the evening. $10 suggested donation for fuel costs and mailing lists. Call 734-475-6030.

Introducing the Talking Circle with Vickie Lea Quibell • Jan. 14, 1-3 p.m. • The Talking Circle has been used by traditional people for generations as a method of civil communication, exchange of ideas, problem-solving and decision-making. This workshop proposes practical applications for modern times. Donations accepted. Call BodyWorks Healing Center at 416-5200.

Natural History

The Wild Bunch: North America's Forest Carnivores - Slide Presentation Produced by the Predator Conservation Alliance, Presented by the U of MI Exhibit Museum of Natural History • Feb. 4, 3 p.m. • Enjoy the beauty of forest carnivores such as foxes and wolves while learning about their important role in the forest ecosystem and the threat to their survival of human activity. $1 donation requested. Call Amy Harris at 763-4191.

William R. Farrand Public Lecture: India's Cretaceous Dinosaurs through U of MI Exhibit Museum of Natural History • April 22, 3 p.m. at Rackham Amphitheater • Visiting professor Jeffrey A. Wilson discusses his recent field work in India. Reception follows. Free. Call Amy Harris at 763-4191.



Nature

Centering Our Spirits in Nature with Rev. Peggy Garrigues-Cortelyou through Upland Hills Ecological Awareness Center • Mar. 24, 10-4 • When we reconnect our senses to the natural world and bring those senses into consciousness, we find a calm center for our spirit, and can more easily seek guidance on how to live in harmony with the natural world. Explore some of your 53 senses, learn how they keep us in balance and reflect on your experiences. Gain an initial understanding of natural systems thinking and how reconnecting body, mind, emotions and spirit with the natural world can transform your thinking, your relationships, your life. Dress for the outdoors. A brief energy tour of the center and simple vegetarian lunch is included. $40 or $35 for Upland Hill members includes lunch. Call Deanne Bednar at 248-693-1021 or 248-363-1756.

Parenting

Good Boys, Good Men: Raising Sons Today with Carole Lapidos and Dani Meier • Feb. 4, 1-3 p.m. • Are you concerned about the messages your son receives about how to be a man? Do you want your son to grow up gentle and strong, independent and respectful? Do you want your son to be able to express emotions other than anger? Solid family support offers the single strongest defense against negative cultural influences. Join us to learn strategies to continue building your son's unique personality and stay emotionally connected as he grows to be a man. $20. Call 800-231-2211 or 734-712-5400.

Raising Strong and Confident Daughters with Carole Lapidos • Mar. 6, 13, 20, 27; 7-8:30 p.m. • "It's great to be a girl!" Parents of pre-adolescent girls (ages 5 and up) can develop practical strategies to help your daughters achieve and maintain high self-esteem. Do you wonder why elementary age girls with healthy bodies are saying, "I'm fat!"? Do you want your daughter to be able to know and voice her own opinion? Join us to discuss the limiting cultural stereotypes daughters today face and develop practical strategies for countering these risks and limits. $65 or $120 per couple raising the same daughter. Call 800-231-2211 or 734-712-5400.

Past-Life Regression

Past Life Regression with Jewel Shelden • Feb. 10, 7-9:30 p.m. • Discovering your artistic talents and skills, personal relationships and spiritual purpose of previous lifetimes brings more joy and direction to the present incarnation. Current health issues can also stem from past life traumas. We will explore all this using an easy relaxation technique that will focus the mind and provide lasting benefits. $30. Call 998-0604; jesheldon@hotmail.com.

Past Life Regression to Heal Karmic Blocks with Shala Kilmer • Mar. 24, 1-5 p.m. • Release karmic blocks from previous lives and begin healing issues such as prosperity, relationships and physical ailments. You will be helped to regress to the right life to heal an issue. Master St. Germaine, channeled by Shala, will direct removal of the blocks. Limited to 8 students. $150. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Personal Growth

LightHeart Simple Living Workshop with Anne Benedict and Dale Crayne • April 28, 9-Noon • Explore what living simply means to you. Uncover the essence of your life so you can release unnecessary clutter. Use your creativity and intuition to put together your own guide for simple living. Limited to 6 students. $45. Call 662-3216; abcd4biz@aol.com.

A Woman's Retreat: Exploring the Magic Within with Jill Blixt and Susan Steiner • Feb. 3, 1:30-4:30 at Crazy Wisdom's Meeting Room • Join in an experiential retreat time. Through writing, collage and sharing, we will weave together a map to honoring the magic within yourself as a woman. Come give yourself the gift of an afternoon retreat. $35 includes lunch and art supplies. Call Jill at 665-4577 or Susan at 677-3255.

Living From the Inside Out: Creating a Life that Nurtures Your Soul with Jill Blixt • 10 Monday evenings beginning Feb. 5 • Most of our lives are responsive to outside circumstances and pressures. We live in a fast-paced world that can overwhelm and exhaust us. We long for a life that is authentically ours - one where we express our enthusiasm, talents and gifts. Through writing and collage, come create a map that honors your uniqueness and initiates daily soul nurturing practices. $30 per week includes dinner and materials. Call 665-4577.

Get A Life with Jill Blixt • Mar. 24, 1:30-4:30 at Crazy Wisdom's Meeting Room • We often say "Get a life" rather than try to create one that gives us joy. Come spend an afternoon to open to your heart's desires and identify what you really want in life. Through writing, collage and creative play, renew your optimism and create momentum for manifesting your heart's desire. $35. Call 665-4577.

Shape Shifting Into Bliss with Theresa Miller • Mar. 4, 1:30-4 at Crazy Wisdom's Meeting Room • The fastest way to manifest health, inner peace and outer abundance is to BE it! In this class, we will discuss and practice simple meditation techniques to shape shift our state of mind to embody what we most desire for big results. $15. Call 248-539-8466.

Radical Aliveness: Living the Passion of Every Moment with Ann Holdreith sponsored by Seeker's Journal • Sundays, Jan. 7-28; 1:30-4:30 p.m. at Crazy Wisdom's Meeting Room • Wake up the passion you lived as a child and merge it with the adult wisdom of your deepest gifts. Our greatest power and purpose come only by being fully present in our bodies and total in our actions. This energizing work takes you deep into your body, giving you the safety and permission to free your authentic self. Exercises in creative voice and movement, visualization, high play and improvisation will allow you to trust your creative instincts and experience the exhilaration of being total in the expression of your life. $195. Call 248-583-7765 or 665-3522.

Embracing the Power of Creation: 12 Week Series in Consciously Creating Your Reality with Lisa Wolf • Tuesdays or Wednesdays, 6-8 p.m. • Our goals, be they material goods or states of being are often hindered by our unconscious beliefs, attitudes and feelings. When we face our true desires and how we prevent their fulfillment, deep wounds are healed and miracles of manifestation can occur. During this 12 week series, participants will systematically explore the process of conscious creation. They will also deepen their understanding of the emotions, attitudes and beliefs which shape the creative process, either by blocking or actualizing goal fulfillment. Psychotherapeutic approaches, spiritual practice, discussion, emotional release work, art and experiential exercises are some of the techniques used. Limited to 6 participants. $50 per session. Call 930-0864.

Evolutionary Leap with Patricia Sun through Church of Today • Jan. 17, 1 and 7:30 p.m. • We all know at some level great changes are coming; whether they are healthy ones or not is our option. Patricia has called this time an evolutionary leap. It will affect every area of our lives and every institution in our society. By donation. Call 810-758-3050.

Photography

Let's See: Photography with InSight with Harriette Hartigan • Feb. 17, 1-5 • Center the experience of photographing through your own awareness and insight. Make visible what you see through your eyes and feel in your soul. Explore your own abilities to create images, visual narratives and photo essays of personal significance. Appropriate for any level of photographic skill. $45. Call 677-0519.

Birth Photography with Harriette Hartigan • Jan. 19, 10-4 • Photograph the beauty and power of childbirth. Doula, midwife, invited friend to a birth or interested in becoming a birth photographer? Learn to photograph the emotional, social and physical experience of birthing women, their families and care providers. Appropriate for any level of photographic skill and birth experience. $65. Call 677-0519.

Pregnancy & Childbirth

Birthing in Awareness with Christine Lark and Sierra Hillebrand • Dates and times to be announced • Inspired by *Birthing from Within*, by Pam England and Rob Horowitz, this series will focus on birth preparation through emotional and spiritual transformation. We will be using art, visualization and pain coping techniques to facilitate the inner work essential to navigating through the birth process. $175. Call Christine at 996-1455 or Sierra at 995-8759.

> Neither a lofty degree of intelligence nor imagination nor both together go into the making of genius. Love, love, love, that is the soul of genius.
>
> - Wolfgang Amadeus Mozart

Joyous Journeys Childbirth Preparation Classes with Sierra Hillebrand and Lee Roosevelt • Dates and times to be announced • Joyous Journeys is an opportunity for parents to acquire basic factual information, while also exploring their own unique needs, hopes and fears regarding childbirth. We will focus on empowered decision-making, pain coping strategies, relationships with caregivers and trusting women's bodies to give birth. $175. Call Sierra at 995-8759 or Lee at 657-5753.

Holistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Wednesdays, Jan. 17-Feb. 28; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Seven-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • Feb. 8-11; Thursday 6-10 p.m., Friday-Sunday 9-5 • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. $350 with early payment discount available. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Pregnany and Birth Basics with Patty Brennan of The Holistic Midwifery Institute • Mondays, Mar. 5-April 9; 6:30-9:30 p.m. • This introductory-level course is designed to provide consumer-oriented childbirth education for aspiring birth professionals. Scholarships available for high school students to take this class. $225 with early payment discount available. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Business Skills for Midwives and Doulas with Patty Brennan of The Holistic Midwifery Institute • Jan. 20, 9-5 • See listing under Professional Enrichment for complete description.

Professional Enrichment

650 Hour Professional Training Program in Massage Therapy at the Ann Arbor Institute of Massage Therapy • Classes begin Feb. 21 and meet most Monday and Wednesday mornings 9-12:30 or evenings 6-9:30 • AAIMT is dedicated to assist each student in achieving excellence in the therapeutic skills, personal awareness and sensitivity needed for a successful and rewarding practice in massage therapy. The program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage and various components and related approaches of therapeutic massage. $25 application fee, $50 registration fee, $5,900 tuition. Call 677-4430, fax 677-4520, aaimt@earthlink.net.

Business Skills for Midwives and Doulas with Patty Brennan of The Holistic Midwifery Institute • Jan. 20, 9-5 • Come and learn the skills necessary to be successfully self-employed. Topics include money issues, record keeping, taxes, insurance reimbursement, marketing, limited liability, professionalism, ethical concerns and more. This class is specifically geared towards birth assistants, but may be useful to any independent practitioner of the healing arts. $100. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Women, Food and Body Image: Case Consultation Group with Judith Banker • Second Tuesdays of each month beginning Jan. 9, 9-10 a.m. • See listing under Food Medicine & Nutrition for complete description.

Racial Issues

Race Revolution and Reconciliation: Resurrecting the Heart of America with China Galland through Church of Today • April 4, 1 and 7:30 p.m. • China Galland is the author of *Bond Between Women* and *Longing for Darkness*. Donations accepted. Call 810-758-3050.

Reiki

Drop-In Reiki with Robert Hughes • Fridays, 4-6 at Crazy Wisdom • Receive the grace and healing power of Reiki in a comfortable, convenient and private space. $1 per minute or $50 per hour. Call 827-1443.

Reiki Healing Circle with Shawn Butler and Robert Hughes • Jan. 11, Feb. 8, Mar. 8, April 12; 7-9:30 p.m. at Crazy Wisdom's Meeting Room • Open invitation to the public to experience Reiki and other healing modalities in a safe and sacred space. All healers and interested parties welcome to attend. Our intention is to bring healing to the community. Donations accepted. Call Shawn at 827-2764 or Robert at 827-1443.

Introduction to Reiki with Gary Arnold • Jan. 3, Feb. 7, Mar. 7, April 4; 7-10 p.m. • This introduction is offered for those who would like to learn about Reiki, to experience Reiki and to explore learning how to use Reiki. Free. Call 449-2154.

Reiki Level I with Marliesa Back and Gary Arnold • Feb. 3 or Mar. 24, 9-4 • Reiki is a gentle yet powerful healing energy. Learn about Reiki and how to use this energy in a small class with plenty of opportunity for practice and questions. Practice hand positions for use on others and on yourself, and receive traditional initiations that allow you to transmit Reiki energy. $95. Call Marliesa at 428-1451 or Gary at 449-2154.

Reiki Level II with Marliesa Back and Gary Arnold • April 20, 7-10 p.m. and April 21, 9-4 • This class is offered for those who have worked with Level I Reiki and wish to broaden and deepen their connection through the traditional Reiki II initiations, and through relationship with the Reiki symbols. These symbols help you send Reiki across distances, and expand your hands on work. Classes are small with opportunity for practice and questions. $150. Call Marliesa at 428-1451 or Gary at 449-2154.

Reiki I with Vickie Lea Quibell • Jan. 28, Noon-4 • Reiki is a very ancient, powerful but gentle, non-invasive healing technique, easily learned by anyone. The healing energy of the Creator flows through the facilitator on all levels: physical, mental, emotional and spiritual. This initiate class covers origin and history of traditional Usui Reiki and self-treatments. Previous healing experience not necessary. Attunement, certificate and support. $99. Call BodyWorks Healing Center at 416-5200.

Reiki II with Vicki Lea Quibell • Mar. 11, Noon-4 • This second level of traditional Usui Reiki training includes attunement, certificate and continued support in learning the practice. Empowerment and training include three sacred Reiki symbols for use on self, on others and at a distance. Hands-on practice during class. Previous Reiki I and working knowledge of hand placements and symbols required. $147. Call BodyWorks Healing Center at 416-5200.

Reiki III with Vicki Lea Quibell • April 22, 10-4 • This class is a review of Reiki I and II including symbols and attunement to the third degree/Master Level. This traditional Usui class stresses humility, grounding and sharing experiences as students become teachers. Includes manual and Master Level Practitioner certificate. Previous Reiki I and II required. Bring a dish to share for potluck lunch. $333. Call BodyWorks Healing Center at 416-5200.

The Crazy Wisdom Calendar

Reiki (continued)

Reiki for Students with Ray O. Golden through Pierpont Commons • Sunday, March 18, 9:30-6; • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is a process in which the energy of the Universe flows through the person performing it to heal an individual. Reiki is non-invasive and is effective for treating not only the physical body but the emotional, mental, causal and spiritual levels as well. Treatments are deeply relaxing and energizing. The class will be oriented toward students, with additional information on handling stress and anxiety. Limited to 10. For complete information, call Maryann Simons at 647-6838.

First Level Reiki Workshops with Ray O. Golden • Jan. 27, Feb. 25 or April 14; 9-6 • See above description of Reiki. In the level one workshop, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self healing techniques. $125 includes manual and certificate; discounts offered. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden • Mar. 31, 6-10 p.m. and April 1, 10-4 • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $225 with discounts offered. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden • Jan. 4, Feb. 1, April 5; 7-9 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Jan. 19-21 or Mar. 16-18; Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30-12:30 • Reiki as an ancient, gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind, spirit. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Feb. 2, 7-9 p.m. and Feb. 3, 10-4 • Second level training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. $500. Call 665-8665; suzyreiki@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Feb. 7, 7-9 p.m. • Suzy Wienckowski speaks on the Usui System of Reiki Healing. Free mini treatments offered for those wishing to stay after the talk. Free. Call 665-8665; suzyreiki@aol.com.

Sexuality

Enriching Women's Sexuality and Intimacy with Gil Ureno and Reena Liberman • Feb. 7, 7-8:30 p.m. • This presentation is designed to augment women's understanding of their sexuality and how to effectively incorporate it into a loving relationship. Presenters will address what makes it difficult to communicate about intimacy, how women's body image effects her sexuality and what women expect men to know. $5. Call800--231-2211 or 734-712-5400.

Shamanism

The Way of the Shaman: The Shamanic Journey, Power and Healing with Myron Eshowsky and the Foundation for Shamanic Studies • Mar. 17-18, 9-5 • Shamanism is an ancient human strategy for personal learning and for successfully acting on that learning. In this workshop, you will be introduced to core shamanism, the universal and near universal basic methods of the shaman to enter non-ordinary reality for problem solving, well being and healing. Particular emphasis is put on the classic shamanic journey, one of the most remarkable visionary methods used by humankind to explore the hidden universe otherwise known mainly through myth and dream. Participants are initiated into shamanic journeying, aided by drumming and other techniques for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities and connections with nature. $195 with early registration discount available. Call Kate or Stephanie at Spirit Weavers 517-543-6754; spiritweaver@voyager.net.

Tibetan Shamanism I: The Cosmos with Larry G. Peters • Feb. 24-25, 9-5 • The purpose of this workshop is to receive initiation in the ancient shamanic tradition of Tibet. The initiation known as guru puja features pho-wa (transference of consciousness) and chod (the sacrifice of hindrances). The workshop is the guru puja ceremony and confers shamanic abilities which are necessary in the Tibetan tradition to perform soul retrieval, journey work with the dead and dying, healing of others, self, community and the planet. Previous experience in the shamanic tradition preferred but not mandatory. $190 with early registration discount offered. Call Kate or Stephanie at Spirit Weavers 517-543-6754; spiritweaver@voyager.net or www.tibetanshaman.com.

Shamanic Foundations: A Transformative Weekend Workshop with Mateyo Empie • Jan. 19-21 or April 20-22; Friday 7-10:30, Saturday and Sunday 10-5 • An introduction to shamanic healing practices ancient and modern. Learn grounding, creating sacred space, using your luminous healing body, channeling healing energy, setting boundaries in relationships, raising spiritual energy, the Peruvian fire ceremony, types of spirit guides, vitalizing and repairing the aura and other tools to heal and empower ourselves. This class is the first in a year-long series around the medicine wheel of healing, mystery and vision. $225 with discounts available. Call 663-5505; snakewillo@aol.com.

Sign Language

Sign Language with John Machiorlatti through Pierpont Commons • Wednesdays, Feb. 7-Mar. 21 (no class Feb. 28); 6:30-8 p.m. • Signing is the third most common language, opening communication between hearing and non-hearing people. You will learn the principles of this language and how to be comfortable using it. $40. Call Maryann Simons at 647-6838.

Singing & Songwriting

Songs of the Seasons with Jeanne Mackey through Borders-Arborland • Mar. 23, 8-9 p.m. • Local musician and ecotherapist Jeanne Mackey takes you around the wheel of the year with songs of the four seasons. Come prepared to sing along as Jeanne accompanies herself on guitar, mandolin and tiple. All welcome. Free. Call 677-6948; www.geocities.com/jmackey50 or jmackey50@yahoo.com.

> Be patient toward all that is unresolved in your heart and try to love the questions themselves.
>
> - Rainer Maria Rilke

Women's Retreat: A Time of Vision is a Time to Sing with Carolyn McDade through Weber Center • Mar. 3 at 9 a.m. through Mar. 4 at 1 p.m. • As sap rises and land dreams green, we gather to sing, deepening our understanding of ourselves as planetary beings in the long unbroken story of the universe in creation. We have known the flowering of women's consciousness globally. With it has come a release of energy - spiritual, mental, psychic - one of heart and imagination. Through singing, reflection and simple ritual, we glean our insight and wisdom. $130, plus $10 if you are attending the concert Friday night. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Holistic Vocal Singing Class for Teenagers with Jesse Richards • For complete description, see listing under Kids & Young Adults.

Holistic Vocal Singing Classes for Adults with Jesse Richards • 6 weeks starting Jan. 21 • Holistic Vocal Training enables you to sing your best while developing greater self awareness, technical expertise, creativity and confidence. All vocal styles and levels welcome. This course is also beneficial for song writers, public speakers and those engaged in personal healing process. Jesse also teaches private lessons. $90. For dates and times, call 995-2972; jessing@homemsen.com.

Solar Energy

Innovative Solar Technology for Homeowners, Builders and Dreamers with Terence Parker through Upland Hills Ecological Awareness Center • Feb. 24, 10-5 • An Earth & Money Saving Workshop geared for individuals who are building, remodeling or retrofitting a residence. A professional will provide general to very specific information on energy conservation measures and the latest on Solar Electrical Systems that will save you money year in and year out, as well as reduce your environmental footprint on the planet. Includes lunch and a tour of the Center with its renewable energy and conservation components. $60 or $50 for members. Call 248-693-1021; Deanne at 248-363-1756 or Gary at 248-628-7463.

Spiritual Development

Teens Coming of Age: Honoring Their Spirits - A Talk for Parents and Mentors with ShuNahsii Rose • Jan. 23, 7 p.m. at Crazy Wisdom's Meeting Room • For complete description, see listing under Kids & Young Adults.

Children's Sunday School through Lighthouse Center • First and third Sundays, 10:30-12:30 • For complete description, see listing under Kids & Young Adults.

Awareness Spell, Awareness Song: Discovering the Mystery of Joy Through Yogic Song with Stephanie Piro • Feb. 22, 7:30 at Crazy Wisdom's Meeting Room • The ancient Tantric Buddhist tradition of yogic song and mantric awareness spells lies at the heart of the Tibetan Buddhist tradition. Through exploring the texture of sound and blessing force of empowered mantric syllables, one is able to discover the presence of undying awareness and joy in dimension of embodied being. Free. Call 665-2456.

Taste of Wonder: The Unity of Sensation and Awareness as a Path to Liberation with A-tsal Khandro • April 26, 7:30 p.m. at Crazy Wisdom's Meeting Room • The path of Dzogchen teaches methods for discovering the presence of birthless and dealthless awareness in unique bodily sensations invoked through physical postures and breathing rhythms. This system, sometimes referred to as Kum Nye or yantra Yoga, shatters the fretful vision which would separate spiritual awakening and embodied life by opening a pathway to experiencing the taste of wonder in the context of movement and embodiment. Free. Call 665-2456.

'or Everything There Is a Season with Jan L. Richardson through Visitation • Mar. 24, :30-4 • A Lenten day of reflection for attending to the rhythms and cycles of our lives. Jan ill explore some of the experiences from her new book, *In Wisdom's Path: Discovering the acred in Every Season*. $55. Call Peggy Schmidt, 734-242-5520; visitation@teleweb.net.

wakening Our Senses: God's Presence in Creation with Rev. Peggy Garrigues-Cortelyou hrough Weber Center • Mar. 6, 13, 20, 27; 6:30-9 p.m. • God communicates with us through ll our senses to keep our lives in balance with each other and with all creation. By following atural attraction sensations outdoors, we are guided by God to what we and creation most eed. Through small group discussion, journaling and creative responses, we will begin to ntegrate the peace and wisdom from those experiences into our everyday lives. $45. Call 517-66-4000; fax 517-266-4004; webercenter@admc-op.org.

Everybody Grows Up Sometime! with Brenda Morgan • Feb. 9, 7-9 p.m. • Brenda's spiritual ransformation will be the basis for this evening's spiritual seminar. Time is set aside for uestions and answers as well as direct experience of the meditative state. $35. Call Susan ancy at 665-0536.

A Gathering In Spirit with Brenda Morgan • Feb. 10 and April 7, 9-4 • A day-long spiritual ntensive for those wishing to deepen their spiritual/meditative practices and openness to od. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest n opening to Spirit is necessary. The particular religious structure chosen should not conflict vith the day's activities. The specific activities are to help catalyze the participant's insights nto seeing some of their egoic strategies and learning how to return attention to the first riority in life: God. No experience necessary. $85. Call Susan Fancy at 665-0536.

True Union with Brenda Morgan • April 6, 7-9 p.m. • Brenda's spiritual transformation will be he basis for this evening's spiritual seminar. Time is set aside for questions as well as direct xperience of the meditative state. $35. Call Susan Fancy at 665-0536.

Getting To Know Your Guides with Shala Kilmer • 7 weeks, 6:30-9:30 p.m. • Learn the ames of your spirit guides as well as how they help you. Find out how to communicate with hem to accomplish your earthly and spiritual goals. Limited to 10. $290. For exact dates, call 48-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Gurdjieff/Ouspensky Center: A 4th Way School Introductory Meetings with Jeanie Wayker Tuesdays, Wednesdays, Thursdays at 7 p.m. or Sundays at 2 p.m. • This teaching is based n the idea that a change in the level of one's knowledge must be accompanied by a change n the level of one's being. The school provides the necessary conditions for actualizing this im, without retreating from life. Man in the ordinary conditions of life uses only the lower, nore mechanical parts of his functional abilities. With the help of this school, which is derived rom higher mind, we acquire the possibility of coming in contact with our higher functions nd fulfill our potential as human beings. Free. Call 697-2477.

Looking for Love in All the Right Places with Katherine Brandon and Patricia Fero • 8 Saturdays starting Jan. 13, 10-11:30 a.m. • 8-week workshop focusing on finding love on a piritual path. $200. Call Katherine at 480-2130 or Patricia at 973-0817.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday f each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These ectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima t 663-5853.

What is a Spiritual Director? with Jonathan Ellis • Jan. 26 or Mar. 23, 7:30-8:30 p.m. • This our-long presentation is for anyone who wants to learn how individual monthly meetings vith a spiritual director can support your spiritual life. Not someone who decides a direction or you, a spiritual director is a coach who is experienced in helping people sort through their deas and feelings about the spiritual path of their own choosing. Former co-owner of Crazy Wisdom and long-time spiritual director, Jonathan Ellis will explain how such monthly ses-ions can let you step back regularly, look at the last month of your life from a spiritual erspective and focus your intention for the month ahead. Free and open to all. Call 668-6672.

Flower of Life Workshop with Lorna Brown • April 21-22, 9-5 • Understand sacred geom-try and learn to activate your Merkaba energy field for ascension, healing your connection vith higher self and fully opening the heart. Helps to realize the connectedness of all life and our purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 734-428-8748; tarlabrow@aol.com.

Friday Night Lecture Series: Until Today with Iyanla Vanzant through Church of Today • Jan. 26, 7:30-9 • She will be talking about her new book, *Until Today*. She is the best-selling uthor of *Yesterday I Cried, Don't Give It Away, Acts of Faith* and *One Day My Soul Just Opened Up*, among others. $22. Call 810-758-3050.

It's A Meaningful Life: It Just Takes Practice with Bo Lozoff through Church of Today • Feb. 7, 7:30-9 p.m. • His new book, *It's A Meaningful Life*, is rich with stories, inspiration and ractical lessons that can awaken everyone to a happier and more fulfilled life. He is also the uthor of *We're All Doing Time*. Donations accepted. Call 810-758-3050.

Book of Awakening with Mark Nepo through Church of Today • April 25, 1 and 7:30 p.m. • Nepo will talk about his book, *The Book of Awakening*. Donations accepted. Call 810-758-4050.

Spirituality & Health

Meditation and Spiritual Healing with Jonathan Ellis • Sundays, Jan. 7-April 29 at Noon in Crazy Wisdom's Meeting Room • Every Sunday, Jonathan Ellis leads a silent healing medi-ation for those present, as well as for people who have asked for distant healing. After the 15 minute group meditation, Jonathan offers individual spiritual healing prayer for those who equest it, using the training he received as a spiritual healer at the 100 year-old Cassadaga, Florida Spiritualist community. Free. Call 668-6672.

Stress Management & Relaxation

Six-Week Meditation Class for Stress Management and Relaxation with Dawn Gaden • Wednesdays, Jan. 10-Feb. 14; 7-8 p.m. • Meditation classes will consist of breathing techniques, education and tips as well as a 20-30 minute meditation. You will learn a new breathing and meditation technique in each class. $40. Call 810-225-0463.

Stress Management: Embracing the Peace Within You with Melanie Peelman-Fuscaldo • Part I: Jan. 10, Noon-1:30; Part II: Jan. 17, Noon-1:30 • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $20 per session. Call 668-2733.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq John Middlebrooksj • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Inayat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, which is a practice of remembrance of the Divine Name. Free. Call 996-1332; siddiq_john@altavista.com.

Tai Chi

Tai Chi Workshop through Dance Gallery Studio • Fridays, Jan. 26-Mar. 30; 10:30-11:30 a.m. • An introduction to the ancient Chinese exercise which conditions the body from the inside out, reduces stress and improves flexibility and balance. $100. Call Rachel Goldschneider at 747-8885.

Beginning Chen Style Tai Chi Chuan through Great Lakes Wushu • New class begins Jan. 8 and meets Mondays and Thursdays, 6-7 p.m. and Saturdays 10-11 a.m. • During the four-month session, students will receive instruction in Chen style tai chi chuan, including 36 movement form, basic stances and silk reeling energy exercises. $65 per month. Call Richard Miller at 994-5980.

Introductory Aikido with Jesse Nichols through Movement Learning Systems • Thursdays, Jan. 18-Feb. 22; 7:15-8:15 p.m. • Six-class introductory series in the Japanese martial art of Aikido. Participants will learn the basic movements of Aikido, 4-6 techniques and the fundamentals of the philosophy of Budo, the Martial Way. $50. Call 913-1072; jdn@movmentlearning.com.

Self-Defense for Women with Deb Fedon through Pierpont Commons • Thursdays, Feb. 8-Mar. 22 (no class Mar. 1); 6-8 p.m. • Learn the basics of self-defense in an encouraging, safe and friendly environment. This class teaches basic verbal and physical strategies that can be used in a wide variety of situations. Women of all abilities welcome. $40. Call Maryann Simons at 647-6838.

Self-Defense Workshop with The Druids of Shining Lakes Grove • Feb. 20, 7:30-9 p.m. • The Warriors' Guild of Shining Lakes Grove will teach basic self-defense techniques. Free. Call Rob Henderson at 487-4931; robh@cyberspace.org.

Tai Chi with Genie Britt of Jewel Heart • For complete description, see listing under Buddhist Teachings & Buddhist Meditation.

Beginning Tai Chi Chuan with Aiji Pipho through Pierpont Commons • Thursdays, Feb. 8-Mar. 22 (no class Mar. 1); 6:1-7:15 p.m. • Tai chi chuan is an internal martial art that focuses on using the mind instead of brute strength. Its slow, graceful movements and deep breathing process can contribute to a general improvement in health by relaxing the mind and body as well as improving balance and concentration. $45. Call Maryann Simons at 647-6838.

Tae Kwon Do with Tom Hart through Pierpont Commons • Tuesdays, Feb. 6-April 10 (no class Feb. 27); 7-9 p.m. • Open to all skill levels, this class will teach a comprehensive style of self-defense techniques that borrow from aikido, judo and police defensive tactics. Tae kwon do emphasizes personal development, self defense and harmonization of mind, body and spirit. $40. Call Maryann Simons at 647-6838.

Qi Gung for Optimal Health with Robert Hughes • Saturdays, 9:30-10:30 a.m. • Qi gung exercises have been developed over the millenia to promote optimal health and vitality. Students learn from two simple exercise sets as well as several shorter forms. $60 for 6 weeks or $12 for drop-in. Call 827-1443.

Tai Chi Chuan Beginner Class with April Pickrel and Greg Knollmeyer through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 8-Mar. 31; Mondays 7:15-8:30 p.m. and/or Saturdays 9:30-10:45 a.m. with practice sessions on Thursdays 6-7 p.m. • Tai chi chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well being are enhanced through these techniques as well as tai chi chuan's unique, slow, graceful movements and breathing coordination. Tai chi chuan is often characterized as meditation in motion because of the stillness that it exemplifies. $165. Call 741-0695; www.peacefuldragonschool.com.

The Crazy Wisdom Calendar

Tai Chi (continued)

Fundamentals of Chi Kung and Wild Goose Form with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 8-Mar. 31, Mondays 6-7:15 p.m. or Wednesdays 8:30-9:45 a.m. • Chi kung is a type of Chinese yoga. This class will focus on chi kung's soft and hard fundamental techniques, chi kung Buddhist, Taoist, medical and martial styles, mind/body coordinated movement, breathing techniques, stretching and an introduction to the energy pathways (meridians) of the body. Students will also begin to learn the Wild Goose chi kung form. This graceful form combines the fundamental techniques of chi kung as it playfully and gently stretches the muscles, opens the joints and stimulates the body's meridians. It is a continuous form of 64 movements takes 15 to 20 minutes to perform, offering the body a complete exercise routine. $165. Call 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword and Staff with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 8-Mar. 31, Tuesdays 8-9 p.m. • The TCC Sword Form (double edged) is the most fluid of the forms in TCC. It represents the water element and is considered the highest of all the weapons forms, following the Taoist philosophical thought that softness prevails over hardness as water prevails over all obstructions to its flow. The Staff Form is a 20 movement form which represents the wood element, and its season is spring. Its movements are quick and direct. $135. Call 741-0695; www.peacefuldragonschool.com.

Push Hands with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 8-Mar. 31, Tuesdays and/or Fridays 7-8 p.m.; Ongoing • Push Hands is a two person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction in class and hold the understanding of potential relationships in conflict resolution and corporate, political and basic dynamics between groups and individuals. As a student develops in this class, they move out of the choreographed movements into freestyle Push Hands. Students must have completed the TCC form before enrolling. $135. Call 741-0695; www.peacefuldragonschool.com.

Form Progression with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 8-Mar. 31, Tuesdays and/or Fridays 6-7 p.m. • After completing the TCC solo form, students who would like to continue their study can join this class. The form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the students' insight of their body/mind connection, locating and dissolving tensions and understanding the dialogue between body, mind and spirit. $135. Call 741-0695; www.peacefuldragonschool.com.

Tarot & Divination

Tarot Readings with Jeanne Adwani in the Crazy Wisdom Tea Room • First and Third Wednesdays of each month • $20 for 30 minutes or $40 per hour. Appointments necessary. For times, call 662-8909; jadwani@yahoo.com.

Tarot Readings with Robin Lowenstein in the Crazy Wisdom Tea Room • Second and Fourth Wednesdays of each month, 7-10 p.m. • $1 per minute. No appointment necessary. Call (734) 458-8637.

Drop-In Rune Readings with Lee Cole in the Crazy Wisdom Tea Room • First and Third Thursdays of each month, 7-10 p.m. • No appointment necessary. $1 per minute. Call 449-4239.

Year Cards: A Tarot Forecast for the Coming Year for Womyn with ShuNahsii Rose • Jan. 8, 15, 22; 7-9:30 • This class will explore the themes inherent in this years' lessons for you as determined through tarot numerology. Learn colors, chakras, elements and archetypes helpful to your evolution this year. Beginners welcome. $60-$80 sliding scale. Call 761-9148.

Intuitive Tarot #1: A Transformative Weekend Workshop with Mateyo Empie • Feb. 23-25; Friday 7-10:30, Saturday and Sunday 10-5 • Explore your psychic gifts with the tarot and other oracles. Covers grounding and centering, choice, care and feeding of your deck, entering a card, setting psychic boundaries, enhancing your ability to find a personal set of meanings for the cards (no memorization) and more. Each student will receive a short reading by the instructor. A fun class with concrete results, it is the first in a series leading to professional level. $225 with early payment discount available. Call 663-5505; snakewillo@aol.com.

Palmistry with Jewel Shelden through Pierpont Commons • Feb. 6-Mar. 6 (no class Feb. 27); 7-9 p.m. • Our hands reveal traits, talents, aptitudes, inherited health tendencies and more. Learn to interpret the lines, signs, skin types, fingerprints and more. $40. Call Maryann Simons at 647-6838.

How to Read Tarot Cards with Richard Maurer • Introductory (Major Arcana): Wednesdays, Jan. 24-Mar. 7, 7-9 p.m. and Advanced (Minor Arcana): Sundays, Mar. 18-April 8; 2-4:30 p.m. • Learn the philosophy and meanings of the 78 cards of the Waite-Rider tarot deck, and learn to give readings. You will learn a variety of spreads to use in different situations and also learn how to tap your intuitive and psychic abilities. No class on Feb. 28. $40 for Introductory and $34 for Advanced. Call 484-5123; esoterica123@aol.com.

Photo by Linda Lawson

Jeanne Adwani does Tarot readings at the Crazy Wisdom Tea Room. In her real life, she's a craftswoman and "hair healer."

Theater

Sacred Theater with Peggy Nash Rubin: The Shakespeare Effect through Weber Center • Feb. 23 at 7:30 p.m. through Feb. 25 at 1 p.m. • Take this opportunity to explore the difference that poetry and powerful speech can make in the body, voice and spirit. Using a variety of Shakespearean characters and other theatrical pieces as patterns of inspiration, we will open the floodgates of our own expression, discover the emotional gifts that metaphor and great story awaken within us, touch on ways rhythm and meter enhance our writing and speaking skills and experience potent ways of embodying the many roles we play in our own lives. $425. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org. See ad on page 6.

Empatheatre Monthly Performances • Doors open at 6:45 with show at 7:30 p.m. • Through improvised enactments submitted anonymously by the audience, Emptheatre creates a safe place to explore the human condition. Empatheatre entertains as well as heightens empathetic understanding, offering relevance to personal relationships. Each performance focuses on a specific theme. $15 reserved, $12 regular, $8 student/senior. Call 913-9733 or Kerrytown Concert House at 769-2999.
Jan. 12: "Gifts"
Feb. 9: "Unlikely Couples"
Mar. 9: "Past Lives"
April 13: "I'm Too Young to be so Old"

Expressive Psychotherapy for Women with Sara Schreiber • Ongoing Tuesdays beginning Jan. 9, 5:30-7 p.m. • Focusing on eating, body image, relationships, aging, early childhood trauma - this group will be a safe place to bring compassionate understanding to our personal growth. The expressive therapeutic encounter is the canvas of life which creates the potential to safely play and explore one's inner and outer world. We will use art therapy, drama therapy and guided imagery. $60 with most insurances accepted. Call 662-1450.

Empatheatre Workshop: Expressing Self through the Arts with Sara Schreiber • Feb. 17, 9:30-3:30 • Using theatre techniques to enhance personal growth, we will work together to play and explore one's inner and outer world in a safe way. $95. Call 662-1450.

Animal Lovers' Project Written by Jesse Richards • Jan. 12 and 13, 8 p.m. • Performed by performing arts ensemble Hundredth Monkey, Animal Lovers' Project is a full-length theater piece created by Jesse Richards, who uses music, dance, video, comedy and drama to explore the complex relationships between humans and animals. $15 or $12 students/seniors. Call 995-2972.

Therapy & Support Groups

Overcoming Anxiety with Laurie Krauth • 8 week sessions, dates and times to be announced • Practical behavioral and cognitive techniques to reduce, control and overcome panic, excessive worry and phobias. $30 session. Call 996-9111, ext. 234; lauriekrauth@iname.com.

Women: Taking Control of Your Life with Laurie Krauth • Tuesdays, 6:30-8 p.m. • Supportive and challenging group for women who want to identify and change the self-defeating patterns that keep them unhappy in relationships, work, parenting or in other situations. $30. Call 996-9111, ext. 234; lauriekrauth@iname.com.

Weekly Women's Psychological/Spiritual Gathering with Suzanne Eastman • Tuesdays or Wednesdays, 7:30-9:30 p.m. • Committed group of women working on psychological/spiritual issues through a number of treatment modalities which include depth psychology, psychodrama, bioenergetics, Jungian archetypes, dream work, enneagram, Meyers-Briggs and shamanism. Tuesdays has two openings for women ages 25-35; Wednesdays has one opening for one woman ages 36-60. $25. Call 665-9588; suzanne@home.msen.com.

Women's Education Group: Self Esteem and Spirituality with Dawn Goden • Jan. 17, 7-8:30 p.m. • Topics include soul work, spirituality, balancing of mental, emotional, spiritual and physical aspects of self. Cost to be determined by group. Call 810-225-0463.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • Tuesdays or Wednesdays, 6-8 p.m. • This process oriented group therapy is designed for women who are seeking to reclaim their lives, experience more pleasure and do more than survive. Discussion, emotional release work and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. $40 per session. Call 930-0864.

Touchstone Group Support Program for Women Survivors of Sexual Assault and Child Sexual Abuse through Assault Crisis Center • 26 Wednesdays, Jan. 24-July 25, 6:30-9 p.m. • A two-phase program designed to help survivors of sexualized violence move from surviving to thriving. Phase One is an eight-week information and discussion series. Phase Two is an 18-week structured therapeutic support group. $3 donation requested per session. Call Cathryn Antkowiak-Howard at 971-3695, ext. 122.

Healing Support Group with Antoinette Thoin • Jan. 4, Feb. 1, Mar. 1, April 5; 7-9 p.m. • Open to happiness. Release physical and emotional stress. Antoinette Thoin, former religious nun, counselor and intuitive channel, share healing exercises in a safe environment. During a healing support group, there will be time for sharing, reflection and channeling in the form of intuitive storytelling. $35. Call 327-2800.

Serenity Retreat for Women: Don't Block the Blessing with Cora "Tommie" Dayton and Rose Celeste O'Connell through Weber Center • Feb. 15 at 7:30 p.m. through Feb. 16 at 4:30 p.m. for pre-retreat; Feb. 16 at 7:30 p.m. through Feb. 18 at 1 p.m. for retreat • As we open our minds and hearts through the 12 suggested steps of recovery, the blessing of who we are and who we are called to be becomes real for us. Once again, a pre-retreat day is offered. Last year's participants appreciated this special time for meditation, sharing, discussion of sponsorship and other questions related to recovery. $110 for retreat or $25 extra for pre-retreat. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Travel

Exploring and Trekking in the Himalayan Kingdom of Nepal with Heather O'Neal • April 5, 7 p.m. • Slides and stories about traveling in Nepal and trekking to Mt. Everest Base Camp. Learn how to create the vacation of a lifetime. Free. Call 769-1875.

Uncategorizable

The Nature of Art & Science: The Nature of Identity with U of M Exhibit Museum of Natural History • Mar. 21, 7 p.m. • Our series of conversations with artists and scientists continues with Chris Allen and Heidi Dauphin. Co-sponsored by Ann Arbor Art Center. Free. Call Amy Harris at 763-4191.

Fourth Annual I.D. Day at U of M Exhibit Museum of Natural History • Mar. 4, 1-3 p.m. • Bring in your treasures and have the experts identify them! Experts include a geologist, paleontologists and archaeologists. Come by even if you don't have a treasure. The presenters will have interesting objects to see and touch. Sorry, no appraisals. Free. Call Amy Harris at 763-4191.

Wicca

Hearth Witchery with Misti Tucker and John Morris • Second and Fourth Sundays of each month, 1-3 p.m. • Both beginners and experienced seekers are welcome in these informal classes, which trace the history of the old religions of Europe, sometimes called witchcraft or wicca. Specific topics include divination, shamanic journeys, herbcraft and ritual planning. Free. Call John at 665-3522.

Dancing with Moonlight: A Full Moon Ritual with Shark Silverblade of Wyrd Roots of the Sacred Forest • Mar. 7, 8 p.m. • An active celebration of the full moon. Wear comfortable, loose clothing and bring your musical instruments. Free. Email wyrdroots@icqmail.com.

Womenspirit

Women's Wisdom Weekend with Joan Borysenko through Weber Center • April 20 at 7:30 p.m. through April 22 at 1 p.m. • Our time will begin with a candle ritual of prayer and shared intent. You will learn and laugh, sing and write, share and access your GodSelf. Through wonderfully creative exercises, Joan will guide us to embrace the full beauty of the spiral of life and to take our place as women of wisdom, garnering our energy to transform ourselves and the world. $325. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Goddesses In Older Women with Jean Shinoda Bolen through Church of Today • Mar. 28, 1 and 7:30 p.m. • She will be talking about her new book, *Goddesses in Older Women*. She is the well-known author of *Goddesses in Every Woman*, *Gods in Every Man*, *Close to the Bone* and *Tao of Psychology*. Donations accepted. Call 810-758-3050.

Brilliant Wonder: The Tantric Tradition and Teachings of Tibet and India's Tantric Wisdom Women with Naljorma Sangchen Tsomo • Mar. 15, 7:30 p.m. at Crazy Wisdom's Meeting Room • From its very beginning, the path of Buddhist Tantra has been characterized by a series of wondrous wisdom women. Little known but powerfully influential within the traditions of serious spiritual practitioners, these women transmitted and continue to transmit the essence of the sublime tradition of unifying bliss and wisdom. Free. Call 665-2456.

Essence Point Women's Circle • Jan. 16, Feb. 20, Mar. 20, April 17 • Discussion and sharing group focusing on topics of interest to women such as spirituality, relationships, empowerment, metaphysics and healing. Read *Chakras and Their Archetypes* by Ambika Wauters to start the discussion. January starts with chapter 7 - The Throat Chakra. No need to have read this to attend. A short silent or guided meditation will be part of this gathering. Please feel free to bring any divination tools that you would enjoy sharing. $2. Call 913-9830 or Anita McKay at 741-0478; mckays@concentric.net.

Moontime as Earth Healing: Menstruation as the First Community Shamanism with ShuNahsii Rose • Jan. 9, 7 p.m. at Crazy Wisdom's Meeting Room • As womyn, our menstrual cycles link us to both the moon and the earth. Among tribal peoples, the moon time or menstruation is seen as a time of vision, prophecy and healing power. Learning to respect and utilize this potential is an important part of our responsibility as womyn. Perhaps even more importantly, it is a tool for bringing healing to the earth in times of dire need. Free. Call 761-9148.

The Wheel: A Year-Long Study of the Goddess Through the Seasons with ShuNahsii Rose • Feb. 1-2 • The Wheel is a journey for womyn who seek the sacred in themselves and their lives. Primarily a solo study, the Wheel provides a structure for spiritual development that is in tune with the seasons, helps to maintain personal focus and nurtures each womon's relationship with the Female Divine. As The Wheel unfolds, a deeper understanding of the female experience is gained as well as powerful tools for transformation. The Wheel includes four seasonal packets, a monthly consultation and two retreat gatherings with other wheel womyn. $45-$60 sliding scale per month, plus some additional costs for retreats. Call 761-9148.

Womyn's Mysteries: Celebrating the Seasons of Womonhood with ShuNahsii Rose • 7 Mondays, Feb. 5-Mar. 19, 7-10 p.m. • This course will explore womyn's rites of passage from puberty and first menstruation to sexuality, birth (and creativity), lactation (sustaining what we create), menopause and death. In a womon-honoring context, these gateways move us deeper into our true selves and serve as sources of empowerment. The intention of this class is to begin to restore our natural relationship with change and to heal our spirits. Learn to experience your body as a source of spiritual wisdom. Strengthen your sense of self-knowledge, self-worth, purpose and life direction through Goddess lore, myth, song, lecture, circle sharing, ceremony, guided meditation and the miraculous spontaneous combustion of sisterhood. $150-$200 sliding scale includes course pack and materials. Call 761-9148.

Work & Right Livelihood

Liberating Your Soul at Work with Michael Whitty: A Talk and Booksigning at Crazy Wisdom • Feb. 28 • Let your spirit soar at work. Help bring soul into your organization. Enhance your ability to bring your spirituality into your work. Learn how to enjoy worklife. $10-$15 sliding scale. Call 248-594-7596; mikewhitty@hotmail.com.

Annual Auction of Services and Goods to Raise Funds for Those In Need at Zen Buddhist Temple • Jan. 28 at Noon • Come and enjoy this entertaining event, take home some great goods or services. For information or to donate goods/services, call 761-6520.

Prosperity: Opening to Flow with Jill Blixt • Mar. 10, 1:30-4:30 p.m. at Crazy Wisdom's Meeting Room • Prosperity - we read about it, dream about it and even map out strategies to attain in, but it often eludes us. Come spend the afternoon opening to the flow through collage, writing and creative imagery. Learn some ways to step out of struggle into a nurturing partnership with the universe. $45. Call 665-4577.

Practice Building for the Self-Employed with Jill Blixt • Feb. 17, 1:30-4:30 at Crazy Wisdom's Meeting Room • The concept of marketing makes most self-employed people shudder. However, when you have found your life's work, you also want to be able to support yourself. This workshop combines both practical and metaphysical approaches to creating and sustaining a healing practice. Benefit from Jill's more than 30 years experience in marketing and creativity to help you build a successful practice. $35 includes materials. Call 665-4577.

AAIMT announces a Career Presentation with Jocelyn Granger and Jane Anderson with other AAIMT Students and Staff • Feb. 3, 10-Noon • Find out what it takes to become a massage therapist. We'll begin an informational presentation promptly at 10 a.m. followed by a question and answer period. Refreshments, door prizes and free seated massage! Free. Call 677-4430; fax 677-4520; aaimt@earthlink.net.

The Crazy Wisdom Calendar

Writing & Poetry

Everlasting Love: Friday Night Lecture Series with Bell Hooks at Church of Today • Feb. 9, 7:30-9 p.m. • Bell Hooks is the nationally known author of *Feminism is for Everybody, Ain't I A Woman, Killing Rage, Sisters of the Yam, Bone Black* and *Happy to be Nappy*, among others. Donations accepted. Call 810-758-3050.

Lifewriting Workshop: Healing with Humor with Pat Kuessner through Weber Center • Mar. 17, 9-5 • The will to remember may be the first and most important step on the healing path. So as we remember stories of the long ago and not so long ago, we have the ability to reframe them. Through presentation, guided imagery and reflection, we will awaken the stories that yearn to be written. $70 includes lunch. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Giving Voice to Your Soul: Writing As Spiritual Practice with Jill Blixt • Jan. 20, 1:30-4:30 at Crazy Wisdom's Meeting Room • We thirst for the deepest part of ourselves. That still, small voice that holds our truth, dreams and gifts. Writing practice can quench that thirst. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write; all that's required is willingness. Ongoing sessions: 10 Tuesday evenings beginning Feb. 6. $30 per week includes dinner and books. Call 665-4577.

Zen and the Art of Writing with Geri Larkin of Still Point Zen Temple • Feb. 17, 1-4 p.m. • Writing can be a form of meditation. This class covers ground rules for writing and includes four writing exercises. $30. Call 313-831-1201.

Zen Poetry: The Art of Writing Haiku with Geri Larkin of Still Point Zen Temple • Mar. 24, 1-4 p.m. • Haiku is a simple and beautiful form of poetry. Writing Haiku can be a powerful meditative experience. $30. Call 313-831-1201.

Crazy Wisdom Tea Room Presents

The Music of the World's Cultural and Spiritual Traditions

Dev Singh
Guitarist, Auto Harp and Dulcimer
Friday, January 5, 8:30-10:30 p.m.

Three Foot Bongo
Lively Folk Rock
Saturday, January 6, 8:30-10:30 p.m.

Dan Arbor Band
Acoustic Guitar Duet
Friday, January 12, 8:30-10:30 p.m.

Chris Buhalis
Plaintive Songs and Idle Musings
Saturday, January 13, 8:30-10:30 p.m.

Charlie Dentel Band
Mellow Keyboard Originals
Friday, January 19, 8:30-10:30 p.m.

Summers, Delaney, and Sharp
Gypsy Swing Trio
Saturday, January 20, 8:30-10:30 p.m.

Jennifer Erb
Singer/Songwriter with an Outstanding Voice
Friday, January 26, 8:30-10:30 p.m.

Rollie Tussing III
Delta Blues
Saturday, January 27, 8:30-10:30 p.m.

There will also be music on other Friday and Saturday evenings in February, March and April, so please check listings in *The Ann Arbor Observer* and at Crazy Wisdom.

Yoga

Yoga Class through Zen Buddhist Temple of Ann Arbor • Six Tuesdays beginning Jan. 9, Feb. 20 and April 3; 7:30-9 p.m. • Beginning and experienced students in the classes learn traditional postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization and combines that experience with her meditation training. Classes fill quickly. Call 761-6520.

Power Yoga Workshop with Christy DeBurton through Dance Gallery Studio • Jan. 14, Feb. 18, Mar. 18; 2-3:30 p.m. • Power Yoga, a series of flowing hatha yoga postures done to upbeat, rhythmic music, is a total body workout, increasing heart rate, building strength, endurance, flexibility and balance. $12 per class. Call Rachel Goldschneider at 747-8885.

Yoga Happy Hour with David Rosenberg through Pierpont Commons • Sundays, Feb. 4-Mar. 18 (no class Feb. 25); 4:30-6 p.m. • This class teaches the Iyengar style of yoga that emphasizes alignment, strength and flexibility to perform beginning yoga poses. Explore the benefits of this ancient tradition and give yourself and your studies a boost. Wear comfortable clothing: sweat pants and t-shirts recommended. $40. Call Maryann Simons at 647-6838.

Partner Yoga with Suzanne Willets Brooks • Tuesdays, Mar. 6-May 29; 6-7:30 p.m. • This class will use massage and support of a partner to explore restorative as well as more vigorous postures. It is ideal for couples and friends looking for different forms of communication and touch to deepen relationships with self or others. Beginners welcome. Bring a sense of humor. $100 per person or $150 per couple. Call 734-482-2607; brooksjer@provide.net.

Drop-In Yoga with Suzanne Willets Brooks • Ongoing Mar. 6-May 31, Tuesdays and Thursdays, 10:30-Noon • These classes will explore asanas with a different focus each week. We will explore strength and flexibility with an emphasis on gentle surrender. Classes will culminate in a vinyasa styled movement sequence as the weeks progress. Bring a sticky mat and other props as well as a sense of humor. $10 per class. Call 734-482-2607; brooksjer@provide.net.

Inward Bound Yoga Program • Many yoga classes offered through Inward Bound Yoga with a variety of instructors beginning Jan. 2. For complete brochure, call 327-4963; kingcm@dmci.net.
Level I, Level I-II and Level III Hatha Yoga classes with Cathy King, Lynette Smith and Martha Laatsch • Various dates and times.
Astanga Yoga with Jonathan Tyman • Saturdays 8:15-10 • Call 996-4549; jtyman@provide.net.
Postures to Sacred Music with Barb Linderman • Wednesdays 7:30-8:30 a.m., Thursdays 4:15-5:15 and 5:30-7:15 p.m. • Call 971-8562; gfl@umich.edu.
Sun and Moon Yoga with Cathy King • Mondays 4:30-5:30 p.m. • Call 517-592-8017; kingcm@dmci.net.
Deep Stretch with Cathy King • Wednesdays 4:30-5:30 • Call 517-592-8017; kingcm@dmci.net.
Kripalu Yoga with Dottie Coyne • Tuesdays 9:30-11 a.m. and Thursdays 10-11:30 a.m. • Call 930-0192; bernidot@aol.com.
Introduction to Astanga with Dennis Vogt • Saturdays 10:25-11:55 • Call 517-529-4179.

Yoga for Moms with Young Kids with Ema Stefanova • For complete description, see listing under Kids & Young Adults.

Yoga for Adults with Ema Stefanova • Sundays 5 p.m., Mondays and Wednesdays at 6:30 • Learn traditional style dynamic and static postures with breath awareness, deep relaxation and meditation you can use in your daily life. Small groups with individual attention. For costs, call 665-7801; www.yogaadmeditation.com or emastefanova@cs.com.

Drop-in Massage, Tarot, Intuitive/Psychic Readings, Rune Readings, and Reiki at The Crazy Wisdom Tea Room

Drop-In Massage with Michael Bratcher, Saturdays 2-5 p.m.

Drop-in Massage with Mary Ledvina, Sundays 1-4 p.m.

Drop-in Reiki and Massage with Robert Hughes, Fridays 4-6 p.m.

Drop-in Rune Readings with Lee Cole
First & Third Thursdays of the Month, 7-10 p.m.

Drop-in Intuitive Readings with Diane Evans
Second & Fourth Thursdays, and First Saturdays of the Month, 2-5 p.m.

Tarot Readings with Jeanne Adwani
First & Third Wednesdays of the Month
(Appointment Necessary for Jeanne—Call her at 662-8909)

Drop-in Tarot Readings with Robin Lowenstein
Second & Fourth Wednesdays of the Month, 7-10 p.m.

Crazy Wisdom Bookstore and Tea Room
114 S. Main Street, Ann Arbor, Michigan (734) 665-2757

Teachers, Lecturers, Workshop Leaders, and the Centers

Photo by Tony Martin

Jonathan Ellis (right) will host an Ann Arbor appearance by his master, Yoda, on April 1st.

Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition. His teaching draws from this background, but he also reminds us that, like all of us, he has lived in many bodies, had many shades of skin, and followed many spiritual paths." Five books of Aaron's teachings have been published.

Jeanne Adwani has been involved with the Tarot since 1971. She began professional readings in England in 1982. She's explored many traditions since that time, and she's interested in elemental relationships and mythological archetypes. Jeanne is also a very talented artist and craftswoman, and her work has been on display through the years at Crazy Wisdom Bookstore.

Laurie Akerros has developed a broad, holistic approach to healing over the last 25 years. She holds a masters degree in psychology, and she is a licensed massage therapist, bodyworker, and cranial sacral therapist. She is also a teacher with the International Network of Esoteric Healing.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since 1984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Ted Andrews is a prolific, nationally known author and lecturer on metaphysical topics. His books include: *Animal-Speak*, *Animal-Wise*, *How to See and Read the Aura*, *Dream Alchemy*, *Healer's Manual*, *How to Meet and Work with Spirit Guides*, *Simplified Magic*, *Sacred Sounds*, and *Enchantment of the Faerie Realm*, among others.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. Authentic Movement "is a profoundly simple process of self-directed movement. By following the body's impulses to move or be still, movement becomes spiritual practice, creative resource and psychological narrative." The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years. The AAIMT facility includes classrooms, a student clinic and a retail area.

Gary Arnold works as a hospice and home care volunteer and does bereavement counseling. He is also a Reiki Master and teaches classes in the Usui system of Reiki.

Assault Crisis Center is a program of the Washtenaw County Public Health Department, and the Center has been assisting survivors of sexual violence since 1976.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Khita Austin, CMT is a Certified Rolfer. She has been in private practice as a Rolfer for twelve years and a bodyworker for 14 years. She is a senior practitioner and trainer of the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hodenosaunee medicine tradition.

Leland Austin, MA is a Certified Advanced Rolfer, and has practiced for 15 years. He has also studied craniosacral therapy.

Peter Baker is a member of the American Massage Therapy Association and is Nationally Certified by the National Certification Board for Therapeutic Massage and Bodywork. He has been a massage practitioner for 25 years.

Judith Banker, MA, LLP is the founding director of the Center for Eating Disorders. She is also the owner/director of the Therapy Center of Ann Arbor, which provides a specialized program for Eating and Weight Disorders. She has over 25 years experience in the field.

Marliesa Beck is an animal communicator and intuitive and a traditionally trained Reiki Master. "Her intuitive and healing gifts came to her through the grace of God, and have developed with guidance, Love and support from her Spiritual Teachers."

Anne Benedict and ***Dale Crayne, MA*** are co-creators of the Lightheart Center for Simple Living. They have been practicing the principles of living simply for 25 years. They coach and mentor individuals in clarifying life purpose, making career shifts, and learning simple living skills.

Rose M. Beres is a Certified Hypnotherapist, Reiki Master and Intuitive Counselor. She has been in the holistic healing field for over 10 years. She is the owner of Ageless Wisdom in Plymouth, a store which specializes in the personalized blending of essential oils.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

John Bodary, M.A. is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy. He has taught Polarity for 15 years and has been in practice for 20 years. He is a former Treasurer and Board member of the American Polarity Therapy Association.

Jean Shinoda Bolen's new book is *Goddesses in Older Women*. She is the well-known author of *Goddesses in Every Woman*, *Gods in Every Man*, and *Tao of Psychology*. She is a psychiatrist and Jungian analyst.

Eileen Bond is a licensed clinical social worker, with over 25 years experience working with children, adolescents and adults.

Joan Borysenko has written nine books, and is nationally known as an author and lecturer. She was trained at Harvard Medical School, where she was later an instructor in medicine. She is a licensed psychologist, co-founder and former director of the Mind/Body Clinic at Harvard's Beth Israel/Deaconess Medical Center, and current president of Mind/Body Health Sciences, Inc.

Michael Bratcher has been a massage therapist for five years. He is a graduate of the Ann Arbor School of Therapeutic Massage and Bodywork, and he's nationally certified.

Patty Brennan is a midwife and health educator with over 18 years of experience working with pregnant women and their families. She is the Executive Director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccinations: Concerns & Alternatives Sourcepack*.

Genie Britt is a disciple of Wu Kwong Yu, the fifth generation master of the Wu family, and has been teaching and promoting the Wu style of Tai Chi in the Detroit area for 10 years.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children. She was the subject of *The Crazy Wisdom Interview* in the May-August 1999 issue.

Suzanne Willets Brooks is an independent choreographer, artist, artistic director of *Meaning In Motion*, and the creator of the Riverside Drum & Dance Studio. Her background includes a degree in dance and education from EMU, certification in many modalities of bodywork, and 15 years of dance and yoga training.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972.
She is a Melchizedek priest, teaches workshops that emphasize transformation and integration, serves as a spiritual coach and healer, and performs personalized wedding ceremonies.

Having been a student of the Martial Arts since early childhood, ***Brodie Burris*** has been heavily influenced by eastern philosophy and culture. He earned a Masters Degree in Traditional Chinese Medicine from a four-year program in San Francisco. His work includes the use of acupuncture, bodywork, Chinese herbs and Qi Gong.

Shawn Butler has been practicing Reiki for 3 years and is now creating a fun and exciting way to share with his community.

Cassie Cammann, MSW, RPP has a background as a Polarity Practitioner, a social worker, a body energy worker, and an Insight Meditation teacher. She is a senior Deep Spring Center teacher with many years of practice and teaching experience. She has worked with the meditations of Stephen and Ondrea Levine for 10 years, and she has worked with hospice issues for over 20 years.

Kapila Castoldi, PhD in High Energy Physics from the University of Milan, Italy is a Visiting Instructor at Oakland University. She is also the director of the Sri Chinmoy Centre of Ann Arbor, and has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 14 years. For the past ten years she has lectured on meditation and spiritual practice throughout the Midwest.

Teachers, Lecturers

Dennis K. Chernin, MD, MPH has actively practiced and taught meditation and breathing techniques for 30 years. His teachers were trained in the Himalayan Mountains of India, Nepal and Tibet. He received both his M.D. and his M.P.H. from the University of Michigan, and is board certified in preventive medicine. He has a private medical practice in Ann Arbor and uses holistic approaches and homeopathy.

Gurudev Shri Chitrabhanu is a Jain Master who has been in America since 1971. He brings to the West the 5,000 year old teachings of Ahimsa (non-violence) and reverence for all life.

Lee Cole is a licensed psychologist, minister, and healer/shaman. Besides his training as a psychologist, Cole has been initiated into the Kahili tradition of Hawaiian shamanism, and in the Birdperson Yachak, a Peruvian shamanic tradition. He has trained at the De Nali Institute in Alaska in Rune knowledge and love.

Cynthia Conklin is a Shiatsu Therapist practicing in downtown Ann Arbor.

Larissa Czuchnowsky teaches a children's meditation class at Deep Spring Center. She has considerable meditation and teaching experience and a degree in elementary education.

Leigh Daniels has been a student and teacher of Magic in the tradition of Dion Fortune for over 30 years. He was the owner of, and astrologer for, Ladder Books in Ann Arbor. He is a founding member of the Grail Lodge, a ritual group started in 1988.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Eileen Dickinson has been a certified Trager® Practitioner for two years. She has been a physical therapist since 1975.

Matt Dillon is a longtime practitioner and lifelong student of the personal and planetary healing powers of the Drum. He has studied extensively with Kamal Amen/Ra, and with Olatunji.

Sean Hogan-Downey and ***Bill Downey*** are licensed Marital and Family therapists in private practice in St. Clair Shores.

Drumwomyn (pronounced drumwoman) is based on the tradition of Ubaka Hill and the DrumSong Orchestra. "As we learn intricate rhythms, parts are put together to create a greater whole. Hence our singular name and motto: *Drumwomyn; One Drum, One Womyn.*"

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS, irritable bowel syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She has also lived with chronic illness for 18 years.

Suzanne Eastman, MS, LLP, CSW conducts therapy and dream groups, does individual therapy and leads workshops. She chiefs quarterly Sweat Lodge ceremonies and develops personal ceremonies for important life passages. Her orientation is eclectic, with shamanic, Buddhist, Jungian, and Bioenergetic influences.

Tom Egan, M.Ed. in Counseling, lives in Ann Arbor and works as an engineer. He does Holistic Health Counseling, has taught in the public schools, is a Reiki practitioner, and has competed nationally as a springboard diver. He has developed and facilitated Spirit programs for adolescents and athletes. He also offers "healing waters therapy".

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. A former co-owner of Crazy Wisdom Bookstore, Jonathan now has a full-time practice in Ann Arbor as a spiritual director, where he meets individually with people once a month to support their independent spiritual path. A raconteur and man about town, he can often be spotted sipping tea at the Crazy Wisdom Tea Room.

Mateyo Empie, the Medicine Woman, has walked between the worlds for over 30 years, supplementing her experiences with studies in indigenous shamanism, aura reading, conscious counseling, ritual forms, divination, and several energetic healing modalities. In this world, "the plant and stone people are among my most important advisors".

Myron Eshowsky, MS has been studying shamanism for over 28 years and teaching shamanism for 13 years. He is a teaching faculty member with the Foundation for Shamanic Studies. He has practiced as a psychotherapist for over 20 years, and has written extensively on the application of shamanic methods to psychotherapy, and community shamanism.

Essence Point Spiritual Center is a non-profit spiritual network dedicated to supporting inner joy, and was created from like-minded individuals who met as a result of being connected with John Friedlander's work in some way. The network offers the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Diane Evans is a retired public school teacher. Specializing in interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling for the last five years. Currently, she maintains a private practice and works part-time at Crazy Wisdom.

Jim Feil is a resident of Barcelona, Spain and teaches in Spain, Germany and Switzerland. He has worked closely with both Randolph Stone and Stanley Keleman. He has integrated their work with craniosacral work, and with pre and perinatal work.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She also completed a 2 year apprenticeship with Susun Weed in herbs and the Wise Woman Tradition, and has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, and the Michigan Federation of Astrology. She is the owner and operator of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Sandy Finkel, MPH is an experienced meditation teacher. She is co-founder of Jewel Heart and has taught meditation and stress management at Michigan Heart and Vascular Institute, U of M Medical Center, Compuware, Fourmidable Group, Hope College and Ann Arbor Railroad.

Lori Fithian brings a broad range of musical experience to her classes, workshops and "Drummunity Circles," empowering people and building community through the drum.

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development, in Whitmore Lake. She is Gurudev Chitrabhanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book *The Psychology of Enlightenment.* She is a counselor, teacher and lecturer and has taught over 2,000 students to meditate.

Debbie Ford is the author of *The Dark Side of the Light Chasers.* She has appeared many times on Oprah.

John Friedlander is a nationally recognized psychic, author and teacher. He has studied with Jane Roberts in her Seth class, and at the Berkeley Psychic Institute with founder Lewis Bostwick. Friedlander teaches an easy system of energy awareness in seminars around the country. His latest book is *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*, available at Crazy Wisdom.

Dawn Gaden has completed 48 credits of coursework required for an M.A. in Counseling from Oakland University.

China Galland is the author of *Bond Between Women* and *Longing for Darkness.*

Rev. Peggy Garrigues-Cortelyou is an ordained elder in the United Methodist Church. She is certified in Applied Ecopsychology. She directs EarthSong, which offers retreats, workshops, spiritual direction and musical programs that celebrate and strengthen our connections with the natural world, with each other, and with the Spirit of Life.

Chris Gates has studied percussion and drumming techniques and traditions for 20 years, and has taught rhythm workshops and classes since 1991.

Norma Gentile's formal training in voice at the University of Michigan, combined with her studies in esoteric healing, have helped her understand how sound affects our bodies, minds and emotions. With this awareness, she has become a pioneer in the field of sound and healing. She is also a specialist in the performance of the Gregorian chants of Hildegard von Bingen.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor.

Ava Gilzow, MA is a certified Phoenix Rising Yoga Therapy practitioner. She has been a public school teacher for 22 years, and began practicing hatha yoga 25 years ago. Phoenix Rising Yoga Therapy helped Ava "face a life threatening illness with courage and inner awareness."

Rabbi Shefa Gold is an ordained rabbi from the Reconstructionist Rabbinical School, and has smicha from Rabbi Zalman Schecter Shalomi. Rabbi Gold is also an accomplished musician and has conducted workshops and concerts worldwide.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. He developed the *Reiki With Animals* workshops. He co-developed *Heart Centered Reiki* with Cousens. He founded the Center for Intuitive Health. He teaches Reiki and Intuitive Development classes on: People and Animals, Reiki and other Healing Techniques, and Energy Clearing and Processing. He also teaches with the Practical Psychic Center of Ann Arbor.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in ballroom dance, T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Harriette Hartigan has been photographing childbirth, other life experiences and nature since 1975. She publishes widely and is a frequent lecturer. She produces teaching resources, and creates calendars, posters, art shirts and note cards.

Manuela Hejna holds a certificate in alternative animal medicine from Alternative Tier Medizin Institute in Hamburg, Germany, which is her native country. She has been trained in the Tellington Touch, and she is a Reiki Master. She works to promote awareness and communication between animals and humans.

Rob Henderson is the Senior Druid of Shining Lakes Grove, ADF, and has been a practicing neo-Pagan Druid for 5 years.

Ubaka Hill facilitates drum workshops and intensives around the country. She works with women's and mixed groups. She has two recordings to date, and she's nationally known.

Deb Hillebrand has been a percussionist and vocalist since youth. She currently teaches multi-cultural vocal music, percussion and rhythm in a Waldorf-inspired public charter school. She also teaches privately, and is the current musical director/instructor for *DrumWomyn.*

Sierra Hillebrand is a homebirth midwife, birth educator and infant massage instructor. She is "continually inspired by the power, grace and wisdom of the families she serves".

Barry S. Hobbs, DC is a chiropractor based in Canton. He is a member of the Doctors Speakers Forum, a non-profit group of doctors who lecture around the country. He is certified as a "brainstem specialist". He specializes in malfunctions and diseases of the nervous system.

Ann Holdreith has been leading creativity and improvisation classes since 1987. She has done extensive study in movement, theatre, improvisation, voice, meditation and Tibetan energy healing. She is a published poet and combines movement and acting in her work as a performance poet and vocalist, with her band *In & Out the Edge.*

Bell Hooks is the nationally known author *of Sisters of the Yam, Feminism is for Everybody, Killing Rage,* and *Bone Black.*

Robert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He augmented his studies with 2 years in residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Workshop Leaders, and the Centers

Cynthia Conklin is a Shiatsu therapist.

Inward Bound *consists of* ***Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. ***Barbara Linderman*** is the program director of Inward Bound.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Carol Karr has been a witch for over 20 years. She is one of the managers of Crazy Wisdom Bookstore. ***Heather Karr***, her daughter, is following her mother in tradition.

Deborah Kaye has advanced degrees in Psychology and Public Health. She has done talk radio and public television in the Ann Arbor area in the past, and currently maintains a private practice in Okemos. She is a regular columnist for *Nexus News* with an article called "STAR*POWER".

Esther Kennedy is an associate director of the Weber Center, and ***Kathleen Schanz*** is the director of the Weber Center. Their spiritual journeys have drawn them into the heart and mystery of the labyrinth, and they will be bringing their energy and enthusiasm to a one-day labyrinth workshop this January at the Weber Center. Esther Kennedy will also be leading evenings of Sacred Circle Dances this winter.

David Kessler is a leader in the field of hospice care. His new book is called *The Needs of the Dying*.

A-tsal Khandro is trained within the Nyingma Ngak'phang tradition of non-monastic, non-celibate yogis "who integrate each moment of existence into the path of liberation". She is a psychotherapist with 20 years of experience in western and eastern bodily based approaches to mental health and spiritual unfoldment.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life.

Carole Kirby has 22 years of experience as a therapist and inspirational teacher. She's a certified *Imago* therapist/coach and workshop presenter of *Getting the Love You Want* couples weekends. She appreciates diversity and gives workshops for heterosexual couples, for lesbians and gays, and for single individuals.

Rob Koliner, DC practices Bio-Geometric Integration in Ann Arbor. Dr. Koliner graduated with honors from Sherman College of Straight Chiropractic. After studying Network Spinal Analysis for 6 years with its founder, Dr. Donald Epstein, Koliner currently studies with Dr. Sue Brown, who has expanded upon the Network model.

Bekaye Kouyate was born in Mali, in West Africa, and began to study the drum when he was 8 years old. He is now a professional drummer, and has performed in many professional ballets. He also does djembe repair and sales.

Laurie Krauth, MA, LLP is a psychotherapist who works with individuals, couples and groups, as well as a writer for national parenting magazines. A Michigan Limited License permits practice under the supervision of a fully licensed psychologist (Rona Scheiner, PhD).

Pat Kuessner is founder of Thistledown, a memoir writing business in Ann Arbor.

Kristine Kurnit, MA is a licensed psychotherapist in practice for 20 years. She is a senior teacher at the Deep Spring Center.

Carole Lapidos, MSW leads workshops on *Raising Strong and Confident Daughters*.

Christine Lark works as a massage therapist and labor doula. Her doula training has been with Patty Brennan at the Holistic Midwifery Institute, and with Pam England through the "Birthing from Within" Holistic Doula Certification program.

Geri Larkin, an ordained dharma teacher, is the guiding teacher at Still Point Zen Buddhist Temple, in Detroit. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs, Bad Hair Days, Stumbling Toward Enlightenment,* and *Building a Business the Buddhist Way*. Her latest book is *Tap Dancing in Zen*.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Bo Lozoff's new book is *It's A Meaningful Life*. He is the author of a classic book on spirituality, *We're All Doing Time*. He is the Director of the Human Kindness Foundation, and its award-winning Prison Ashram Project.

Jeanne Mackey, MSW, ACSW is a professional musician, ecotherapist and workshop leader. A long-time community builder, she draws on European, Chinese and Native American earth-based traditions. She has been a performing musician for 25 years.

Jacqui Magon, MD was trained in Internal Medicine. Over the last five years, she has studied, as an adjunct, various Yoga Therapies in which she has three certifications. Now she has a yoga practice in Plymouth teaching small group and private hatha yoga, doing Thai Yoga Massage, and Phoenix Rising Yoga Therapy.

Wayne Manthey is a self-taught, primitive-style drum-maker. He specializes in frame drums. He started teaching drum-making workshops over 9 years ago, when he realized how someone is empowered by creating his/her own drum. Since then, he has guided hundreds of people through the process of making their own drums. He lives in Minneapolis.

Richard Maurer has studied numerology, tarot cards, astrology and esoteric subjects and philosophy for 30 years. A graduate of EMU, he has taught classes on a variety of subjects, at the University of Michigan and other locations around the state.

Carolyn McDade is a composer, poet and songwriter. With women of the four western provinces of Canada, she participated in creating an ongoing reflection and creative expression around the theme of women-land-spirit.

James McDonald has studied with Mathew Wood, Stephen Bruhner, Rosemary Gladstar, Paul Strauss, Equinox Botanicals and the Clayton College of Natural Healing. He is a member of United Plant Savers.

Anita McKay, trained in fine arts and healing, has spent recent years developing an already strong intuition into a reliable clairvoyance. She combines her skills as a psychic and an artist to create spirit guide drawings *or* as a psychic and healer to do personal energy work.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a business manager and teacher of fashion and interior design.

Nick Meima co-founded Sunward CoHousing, and is a partner in the development of the next cohousing community in Ann Arbor.

Lynnette Michalik is an artist and educator. She has strong interests in women's studies, consciousness, and co-empowerment. She has been a member of the Moonlodge since 1986, and a leader since 1992. She has led workshops in shield birthing/building, sacred fire building, creation stories and elemental alignment.

Majida Sylvia Middlebrooks and ***Siddiq John Middlebrooks*** have been students of the Sufi path of the heart since 1983, and have taught the Dances of Universal Peace for the past 10 years.

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan; from 1978 to 1991, he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in 1992.

Therese Miller has extensive training in many holistic therapies, including massage therapy, cranial sacral therapy, macrobiotics, and medical intuition. She practices intuitive healing, and teaches classes on mind/body medicine.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

John Morris, Mdiv, PhD is the Editor of *The Seeker Journal*, an international pagan newsletter, and a long time elder in the Pagan community.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

Mark Nepo is the author of *The Book of Awakening*.

Jesse Nichols is owner of Movement Learning Systems and is a certified Feldenkrais® practitioner. He is also a 5th degree Black Belt in Aikido, and is certified by the International Yoshinkan Aikido Federation.

John O'Donohue is a Catholic scholar. He was awarded a PhD in philosophical theology from the University of Tübingen in 1990. He lectures and conducts workshops in the United States and Europe.

Heather O'Neal's company, Of Global Interest, leads small-group personalized adventures trekking and exploring in the Nepalese *Himalayas*.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in Durham, N.C., where he does transpersonal counseling and teaches at Duke University.

Lucinda Orwoll, PhD, LLP has spent years studying wisdom and creativity. She is a Licensed Clinical Psychologist who combines transpersonal and traditional approaches to therapy.

Terence Parker is a solar energy system designer. He has personally electrified over 2,500 sites around the world with solar energy.

The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures. The purpose is evolution: the evolution of consciousness.

Melanie Peelman-Fuscaldo is a Licensed Professional Counselor with a National Counseling Certification. "My mission within my private practice is to help clients increase their happiness in current or future careers through attention to body, mind and spirit."

Jan Pemberton has completed the Sills 3-year Training in BioDynamic Cranial Work, and is currently studying with Franklyn Sills in Boulder, Colorado. She is assisting in the 3-year Training in Chicago, and teaches several classes in Canada and the U.S.

Teachers, Lecturers, Workshop Leaders,

Larry Peters, PhD is a licensed psychotherapist, scholar and initiated shaman in the Tibetan tradition. He holds advanced degrees in both Anthropology and Psychology, and has conducted ethnographic fieldwork with shamans in Nepal, China, Mongolia and Siberia. He is a professor of Anthropology and Psychology at the California Graduate Institute of Professional Psychology and Psychoanalysis. He is also a Board Member of the Association of Transpersonal Psychology.

Judy Piazza is a singer/songwriter, percussionist, and multi-instrumentalist. She performs and facilitates workshops on frame drumming, the power of pulse, and indigenous singing. Her background is in music therapy.

Aiji Pipho has practiced and taught Tai Chi Chuan in Ann Arbor for several years, and has been teaching classes at the Pierpont Commons for the past 4 years.

Stephanie Piro is an ordained Ngakma, a yogini in the tradition of Tibet's oldest school of Tantric Buddhism. She combines her deep practice of the mantric song tradition with her training as an opera singer and professional musician, to create an environment where the power of transmission can be experienced through the vehicle of energy and sound.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Vicki Quibell has "had the good fortune of a variety of teachers and experiences in my life," including more than 10 years with Southern Ute and Lakota Elders and Grandparents. Much of the past 3 years she has spent in service, in the Four Corners area on the Southern Ute Reservation.

Richenda "Ricki" Reeves was certified a Masters Level Astrologer after a two year intensive study program with Noel Tyl, and has been endorsed as a Certified Astrological Professional with the International Society for Astrological Research. She has lectured at various astrology schools and conferences, and her first book, *The Quindecile*, is being published by Llewellyn in March, 2001.

Jesse Richards has been teaching voice and dance for the last 17 years. She is currently the artistic director of Hundredth Monkey, previously the director of Sister Earth. She is a recording artist, has released 8 albums of original music, and occasionally sings on *Xena: Warrior Princess*. She was the subject of *The Crazy Wisdom Interview*, in the September-December 1999 issue.

Jan L. Richardson, Mdiv serves as Artist-in-Residence at the San Pedro Spiritual Development Center, in Orlando, Florida. An ordained United Methodist minister in the Florida Conference, Richardson is the author of *Sacred Journeys: A Woman's Book of Daily Prayer, Night Visions: Searching the Shadows of Advent and Christmas*, and *In Wisdom's Path: Discovering the Sacred in Every Season.*

A'dzom Rinpoche is an American born ordained Ngakma of the Nyingma lineage of Tibetan Buddhism, who has been recognized as an incarnation of two major Tibetan yoginis. The Tibetan yogi Namkha Rinpoche, whose family holds a precious Buddha Tara lineage, has said of her: "To me she is none other than Tara herself."

Gelek Rinpoche, spiritual director and founder of Jewel Heart, was carefully tutored by Tibet's greatest living masters. A member of the last generation of lamas to be born and fully educated in Tibet, Gelek Rinpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society, and his skill as a teacher of Buddhism in the West. He is now an American citizen.

Traktung Rinpoche is a lineage holder of the Nyingma tradition, the oldest school of Tibetan Buddhism, and incarnation of the great Mahasiddha Do Khyentse Yeshe Dorje. He is an American born Tantric master with both Western and Tibetan students. He offers an opportunity to study the authentic ancient Tantric tradition in a contemporary context. Currently, Traktung Rinpoche is founding a nunnery in Nepal for 22 Tibetan nuns in exile, who have been placed under his care.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 17 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain.

Lee Roosevelt is a midwife and social worker currently serving women in the Ann Arbor area. Her experience also includes practicing midwifery in the Texas borderlands, and working with adolescent women as they embark on the journey of motherhood.

ShuNahSii Rose is a practitioner and teacher of earth-based spirituality whose roots in this work trace back to her maternal grandmother. Since 1979, she has studied the songs, stories, rituals and healing practices of earth-based peoples. She is the founder and director of *Changing Womon-Healing Teachings for Womyn*, and founded and leads *the Diana Circle – A Circle of support for girls-coming-of-age*. She was the subject of *The Crazy Wisdom Interview* in the January-April 1999 issue.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. A while back, he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist. His classes are "challenging but infused with humor and personal attention".

Margaret (Peggy) Nash Rubin is Director of the Center for Sacred Theater. Her professional theater career includes work in New York and Los Angeles and 14 years as staff member, actor and education director for the Oregon Shakespeare Festival.

Gail Rucker is a certified Phoenix Rising Yoga Therapy Practitioner and trained yoga teacher, with a Masters Degree in Health and Physical Education. She has 30 years of teaching experience, and currently conducts *YogaMoves* classes, and *It's Your Move* creative movement workshops, and is the movement director of Empatheatre, an improvisational theater company.

Frances Salvato of the Chicago School of Massage Therapy has advanced training in pregnancy and infant massage, energetic techniques, sports massage, cranial work, and myofascial massage therapy. She directs the Chicago School's advanced myofascial training.

Linda Sayer, DC is co-owner of the multidisciplinary clinic, CCMT. She is a chiropractic physician who works towards the integration of the chemical, structural and spiritual/emotion of the individual. Applied Kinesiology, nutritional counseling and mind-body medicine are used extensively in her practice. She is currently developing and writing about Spiritual Anatomy.

Opwagon Andrew Schreiber has undoubtedly been into drumming since he was a little kid.

Darren Schmidt, DC, ND had his original training in chiropractic, and has studied natural and nutritional therapies extensively. "He is a wholistic doctor because he looks at the overall status of a patient and he gets to the cause of the health problem."

Opwagon Andrew Schreiber has been a percussionist for 28 years, playing World Rhythms since childhood. He has performed and recorded in a wide variety of styles, as well as drumming for ceremonies and rituals for the past 20 years.

Sara Schreiber, PhD is in private practice as a psychotherapist and drama therapist in Ann Arbor. She is also the Artistic Director of Empatheatre. In that capacity, she uses the many faces of psychodrama, drama therapy and improvisation to teach and train performers.

Sandra Shears is a local spiritual channel and counselor in practice since 1990. She offers an accelerated process for becoming Soul, through advanced energy healing and activation.

Jewel Shelden is a professional psychic and hypnotherapist. She teaches classes on various metaphysical and occult subjects, and does conscious channeling for private clients and groups.

Shark Silverblade is a 10+ year practitioner of Wicca. He is also the founder of Wayne State University's Full Moon Circle.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Trisha Singelyn, BFA, MA is an exhibiting artist and art educator. For the past 25 years, she has taught a variety of art forms to students of all ages. A Reiki practitioner and certified teacher from the Rocky Mountain Mystery School, she believes that art is a vehicle for personal transformation and healing.

Helen Slomovits has been actively engaged with the Artist's Way process since 1995. She has participated in creativity workshops led by Julia Cameron, Sonia Choquette and Starhawk. She is also a musician, songwriter and poet who has 2 original music releases – *Darkening of the Moon* and *O Spirit*, the latter released jointly with her husband, Laz Slomovits, of the family music group, Gemini.

Prema Lindsay Smith has been a massage therapist for over 25 years, and has taught at AAIMT since 1994. In addition to reflexology, she has trained in Neuromuscular, CranioSacral, Myofascial and Shiatsu Therapies, and is a licensed RN.

Richard Smoot has 28 years of astrological study, counseling and teaching experience. He is a Professional Member of the American Federation of Astrologers and a Level IV Certified Astrologer with the National Council for Geocosmic Research. In addition, Smoot is a registered Social Worker for the State of Michigan with 15 years of experience in personal and crisis counseling.

Southeastern Michigan Ecological Co-housing (SEMECO) is an umbrella organization dedicated to both rural and urban co-housing, with a focus on sustainable living.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience, as well as training with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, the founder of the first yoga university.

Patricia Sun is on the air with a call-in radio show called *Connections with Patricia Sun* on the New Wisdom Network.

Rev. Haju Sunim (formerly Sukha Murray) was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 25 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 15 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago. Among other responsibilities and endeavors, Sunim performs weddings, memorial services and other important rites of passage.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Second Vice President for the American Massage Therapy Association. She is also certified with the National Certification Board of Therapeutic Massage and Bodywork.

Andrew Taylor focused his bachelor's degree on theater and speech in secondary education. He has been living, teaching and creating *The Artist's Way* for four years. His interests include Creative Writing, Bead Jewelry and Acting/Directing.

and the Centers

Antoinette Thoin, MA is a storyteller, psychic, former nun and counselor. She leads storytelling and personal growth workshops. "Just as a dream can reveal hidden meaning in life's events, my work can help you connect to your higher purpose: happiness."

Tsogyel-gar, formerly named Crazy Cloud Hermitage, is the center of the Flaming Jewel community of practitioners of the Nyingma tradition of Tibetan Buddhism. The Nyingma tradition is the oldest and original lineage of Tantra in Tibet and is unique in its Sangha of ordained non-monastic Ngakpa, or 'mantra wielding', practitioners. Tsogyel-gar exists for the study and preservation of the Ngakpa lineages.

Naljorma Sangchen Tsomo has spent most of the last ten years living on retreat and accomplishing the practices of the ancient path of Tantric Buddhism. She is a holder of the Nyingma Tsogyel Nyingtig lineage, and has been trained in the highly esoteric practices of the Tantric protectors. She uses power and precision in alleviating the obstacles of others through tantric ritual.

Misti Tucker is one of the editors of the monthly *Seeker Journal*. She has been leading rituals and classes in Witchcraft, in Ann Arbor, for more than 10 years.

Gabriele Uhlein brings a fresh contemporary voice to the interconnections of ecology, psychological experience and spiritual growth. She received her doctorate from Chicago Theological Seminary. Uhlein is the author of *Meditations with Hildegard of Bingen*, published by Bear and Co.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Iyanla Vanzant's latest book is *Until Today*. She is the best-selling author of *Yesterday I Cried, Acts of Faith*, and *One Day My Soul Just Opened Up*.

Glen Velez was a member of the Paul Winter Consort for over 10 years. His *Rhythms of the Chakras* is a bestseller, and he is widely known for his virtuosity and dedication to frame drumming.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting that encompasses a barn-chapel and library, retreat houses and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups and is a Level II EMDR therapist.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Jeanie Wayker has been a student of the 4th Way for more than 25 years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Susun S. Weed is a renowned herbalist. She is the author of *Breast Cancer Breast Health, Menopausal Years the Wise Woman Way, Healing Wise* and *The Wise Woman Herbal for The Childbearing Year*. She last visited Ann Arbor a number of years ago, and she is well worth seeing. She is a passionate and informative and exciting speaker. Crazy Wisdom has a *Susun Weed* section devoted to her books.

Michael Whitty is co-editor of *Work and Spirit*, a book of readings on visionary organizations. He is also a professor at the University of Detroit.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 20 years of experience in the healing arts including 13 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past seven years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Jeffrey A. Wilson is a visiting curator of paleontology at the U-M Museum of Paleontology.

Julie Wolcott, MA, CSW, LPC is a long time counselor and psychotherapist. She has taught yoga for 9 years, and introduced Phoenix Rising Yoga Therapy to her practice within the last 4 years. She also leads Thai Yoga Therapy sessions. She practices out of her home office in Dexter.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. In addition to her work as a therapist, Lisa is a Pathwork helper, a musician, and a mother.

Debbie Crystal Dream Woman is the Lodge leader and ***Terri Changing Raven*** is the Drum Chief for the Flowering Tree Lodge, an organization dedicated to sharing the teachings of the Twisted Hairs (a Native American shamanic tradition).

Wyrd Roots of the Sacred Forest Coven will celebrate its third anniversary on Samhain, 2000 and is a member of the Michigan chapter of the Covenant of the Goddess. Kalathena and Gypsy, the coven's founders, have had over a decade of experience running Craft workshops, classes and public rituals.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a board member of the Association of Women Martial Arts Instructors, and is a mentor for other instructors in her field. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Haju Sunim,*** (formerly Sukha Murray,) who has been teaching yoga for 25 years and meditation for 15 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

End Notes: White House, White Snow

It's the end of the year 2000, and I'm still reeling from my 36-day immersion in, as MSNBC put, *The Battle for the White House*. And what a battle it was. I loved every minute of it, saved 34 out of the 36 front pages and front sections of *The New York Times*, watched Chris Matthews and Dan Abrams and Jeff Greenfield every night until I was dizzy from television exposure, and I could go on. You see, I have loved presidential politics since I was nine years old. Back then, I wanted to be the first Jewish President of the United States. In retrospect, I don't know why exactly, I just did. Badly. I was full of ambitions at that age, but my passion for American presidential history was boundless and singular. Back then, I could recite the names of all of our presidents in the correct order, plus many of their vice presidents, and many of their wives. Moreover, I read a lot about each presidency. I remember being particularly interested in James Knox Polk, but I can't really remember anymore why. I just was. So the fact that we've had very close elections in the past, in 1800 and 1824 and 1876 and 1888, is not news to me, and I've been literally thrilled to witness the Gore vs. Bush post-election extravaganza.

As is my custom every four years, I threw an election night party. I made a point to invite friends who would relish being together watching the returns come in. We all felt very excited and chatty and satisfied as it looked as if it might be a good night for the progressive side. Hillary won. We exploded with pleasure and exhilaration! Florida and Pennsylvania and Michigan were called for Gore. Even better! Unexpectedly, it seemed to be turning into a Gore night. Then it changed. The networks took back the Florida call. Our moods deflated, as we collectively pondered a return to the rule of the Republican Party. I remember well the night that Hubert Humphrey lost the election to Richard Nixon. It was not a happy night. Even worse, I remember the night that Ronald Reagan swept into the White House and brought a Republican Senate with him. A cruel night for America. Those of us at the party *understood the consequences* of the two other nights in the last 45 years in which power passed from the Democrats to the Republicans.

Bill Clinton, in his convention speech this past August, reminded us that the divisions caused by the Vietnam War, and the chaos in the streets of Chicago during the 1968 Democratic Convention, had caused a counter-reaction which brought to the country a Republican era which was then dominant for most of the next quarter century. Ideals and values which had held sway from Franklin Roosevelt to Robert Kennedy were put on hold, for a very long time.

Day to day it doesn't appear to matter much, but in a deeper sense, I believe it does. The Democrats have been on the side of the forward movement of American history, and in that way, the national elections do matter. We're a better country, more resilient and more just and more affluent and more free, because of the Democratic Presidents of the 20th century, Wilson and Roosevelt and Kennedy and Johnson and Truman and Carter and Clinton, and not nearly as much because of the Republican Presidents, Harding and Coolidge and Hoover and Eisenhower and Nixon and Ford and Reagan and Bush.

The party ended with us all feeling a bit sad and dejected. I didn't go to sleep right away. I stayed up to watch three of the most interesting hours of live television in my lifetime. I had gone to sleep 45 minutes before Robert Kennedy was assassinated on live TV on the night he won the California primary. I was still in childhood slumber on the Sunday morning that Jack Ruby shot Lee Harvey Oswald, also on live TV. These were seminal events, and even though I didn't see them, they profoundly affected the zeitgeist. I had a sense the election was not over yet, and I was not about to go to sleep until it was!

To watch Dan Rather and Tom Brokaw fumble around on live TV at 3:30 in the morning as each one realized that the election was a dead heat and uncallable was, for me, a splendid immersion. (It must be how some men feel when they watch a particularly close and excruciatingly exciting Michigan football game.) To those of us watching at that hour, the TV anchors yanked America through the looking glass.

The 36 days are now fading into memory, but certain feelings and thoughts linger. The closeness of this election stirred up my "partisan rancor". I thought the Republicans fought mean, particularly James Baker. I found it hard to stomach George W. Bush, and everyone around him. I loved David Boies. I found the Democrats more respectful of the process, of the Courts, even of Bush. I was really troubled by the unwillingness of leading Republicans to state clearly that had Al Gore prevailed, they would have accepted his legitimacy. My God, he won the popular vote, 267 electoral votes, and may have won Florida.

Even though I was rooting passionately for Gore, I believe the outcome is excellent. Gore played all of his cards, he played them well, and he played them with strength and conviction. His concession speech was strong and graceful, and left no bitterness in the air. As insufferable as he can be, on a personal basis, I like him now better than at any time during the campaign. Now, we have a Republican President-to-be who is the first President in over a century who did not win the popular vote. We have a 50-50 Senate. George W. Bush will certainly grow in the job, but much of his agenda will be weakened and compromised. Having watched Republicans work hard to destroy Clinton's second term, I will enjoy watching the Republicans fight among themselves as "compassionate conservatism" meets Tom DeLay head on.

I think for the Rehnquist Court, Bush vs. Gore will be its signature decision, and that's just fine. I watched closely that Saturday morning when the vote-counting, ordered by the Florida Supreme Court, resumed under Judge Lewis' able supervision in Leon County and around the state. *I also watched the Rehnquist Court shut it down.* It was akin to the Saturday Night Massacre, and it's worth remembering that William Rehnquist and Robert Bork were the two Nixon-era Justice Department officials who were quite willing to follow Nixon's directive to fire Archibald Cox. Bush vs. Gore was William Rehnquist's revenge. The decision had no majesty, no rising to the occasion, no advancing of liberty. Let it be his legacy.

36 days later, the election is over, and I have been tossed back into reality, only to find the world still here and Ann Arbor lusciously white with layers of beautiful snow.

For a politics junkie like me, this was as good as it gets.

—— Bill Zirinsky

Flaming Jewel Dharma Center

Teachings from the Tradition of Tantric Buddhism

Talks at Crazy Wisdom Bookstore

Free and Open to the Public

Given by long-term practitioners of the Nyingma Lineage
114 S. Main, Ann Arbor

Thursday, January 25th, 7:30-8:30 PM
with Lama A'dzom Rinpoche

Thursday, February 22nd, 7:30-8:30 PM
with Stephannie Piro

Thursday, March 15th, 7:30-8:30 PM
with Naljorma Sangchen Tsomo

Thursday, April 25, 7:30-8:30 PM
with A-tsal Khandro

The Flaming Jewel Dharma Center offers precious Tantric teachings of the Nyingma Lineage, the oldest school of Tibetan Buddhism. These teachings are offered by Lama Traktung Rinpoche and Lama A'dzom Rinpoche, both formally recognized as tülkus, or incarnations, of great Tibetan yogins from the last century. A'dzom Rinpoche and Traktung Rinpoche uphold the rare Ngak'phang Lineage of White Skirt practitioners. This non-monastic and non-celibate tradition of the Tantric path has for centuries offered extraordinary means for integrating the highest teachings of Tantra and Dzogchen into every conceivable moment of ordinary life.

Public Teachings with
Traktung Rinpoche and A'dzom Rinpoche
Sundays, 10:30 AM-12:00 PM

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Events at Flaming Jewel Dharma Center

Empowerment of Dorjé Yudrönma
Saturday, February 10, 2001, 1:00-4:00 PM
With Naljorma Sangchen Tsomo
Dorjé Yudrönma is one of the great female protector Buddhas. Her body, made from the shimmering of moonlight and pearl, symbolizes the profound union of beauty, femininity, and wisdom power. This empowerment invokes the wonder and force of this Tantric Buddha in the mindstream of each being. Cost: $30.00

Empowerment of Machig Labdrön
Saturday, March 17, 2001, 1:00-4:00 PM
With Lama A'dzom Rinpoche
Machig Labdrön was an incarnation of the Primordial Wisdom Mother of Tibetan Buddhism and the only Tibetan to create a system of Tantric practice engaged by every major Tibetan tradition. This empowerment of the Aro gTér tradition, a direct connection with her stream of wisdom awareness, is being given for the first time in the Midwest. Cost: $30.00

Dzambhala Fire Puja
Tuesday, March 20, 2001, 7:30 PM
With Naljorma Sangchen Tsomo
Fire puja is a swift and powerful method for weaving the energies of enlightenment into the tapestries of everyday life. Dzambhala, the Buddha of infinite inner and outer richness invokes the sumptuous splendor of infinite prosperity. This fire puja offers all participants the chance to be directly involved and benefit from this ancient Tantric ritual. Cost: $15.00 Please call to register for this event.

Heart Teachings from the Lineage of Do Khyentsé Yeshé Dorjé
Saturday, April 14, 2001, 10:30 AM-4:00 PM
With Lama Traktung Rinpoche
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THE CRAZY WISDOM CALENDAR

ISSUE NO. 18

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 2001

Traditional Midwife
Mickey Sperlich

U-M Nurse-Midwifery
Asst. Professor
Jeanne Raisler

Holistic Midwifery
Educator Patty Brennan

The Art and Practice of Midwifery

Crazy Wisdom Interviews Three Local Midwives

"A GATHERING IN SPIRIT"

Brenda Morgan, PhD, Spiritual Mentor & Guide

Through the Grace of God and the help of her spiritual teacher, Brenda has Realized ***Inner Enlightenment/No Mind Within.*** *From this perspective and as a Westerner, she shares her insights, wisdom and spiritual/meditative state through the following events:*

SPIRITUAL STRUCTURES OF THE ANIMAL KINGDOM: WHO & WHAT ARE THEY? Sunday, May 6th, 1-5pm, $50/person

EVENING MEDITATION FOR THE GENERAL PUBLIC Wednesday evening, May 9th, 7-8:15pm, Love Offering of $15 suggested

"A GATHERING IN SPIRIT" WEEKEND MINI-SAMPLER! Local, national healers/helpers/artisans: filled with mini-talks, spiritual comedy theatre, private sessions, etc. $5 entry fee.

THE CARTOGRAPHY OF THE SOUL Evening Spiritual Seminar, June 8th, 7-9pm, $35/person

A GATHERING IN SPIRIT Daylong Spiritual Retreat/Intensive (each gathering is unique) Saturday, June 9th, 9am-4pm, $85/person

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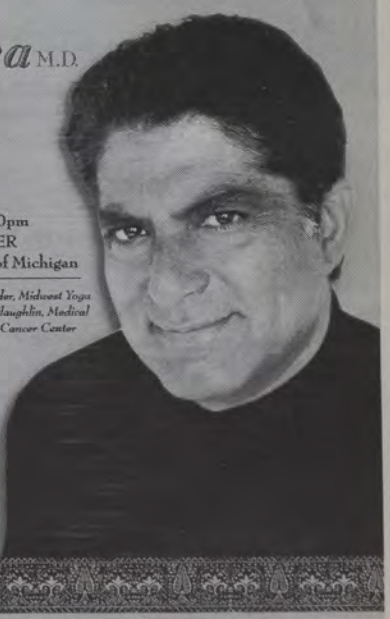

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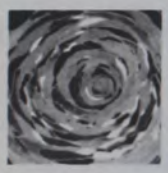

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Calendar Highlights for May – August 2001

1) **Author and Mystic Lynn Andrews** – May 9 & June 16
(See Personal Growth)
2) **Buddha's Birthday Celebration** – May 12 & May 13
(See Ceremonies, Celebrations & Rituals)
3) **Author and Healer Gabriel Cousens in Ann Arbor**
May 22 & May 23 (See Healing *and* See Spiritual Journeying)
4) **Australian Herbalist Ian White** - May 24
(See Flower Essences)
5) **Drummunity Drum Circles with Lori Fithian**
May 31 & June 21 — (See Drumming)
6) ***Tricycle Magazine's* Change Your Mind Day** - June 2
(See Buddhist Teaching & Meditation)
7) **"A Gathering in Spirit" Fair** – June 2 & June 3
(See Conferences, Fairs & Festivals)
8) **Midwest Yoga and Wellness Conference** –
June 6-June 10 (See Yoga)
9) **Deepak Chopra in Ann Arbor** – June 8
(See Yoga)
10) **Miguel Ruiz (Author of *The Four Agreements*)**
June 20 — (See Personal Growth)
11) **The Sacred Feminine and the Tree of Life Weekend**
July 13-July 15 — (See Womenspirit)
12) **Author Barbara Hand Clow at Crazy Wisdom**
July 17 — (See Spiritual Development)
13) **Dancing in the Dawn of Our Moment in Time –**
A Weekend with Pat Bergen and Kathy Sherman
July 30-August 2 (See Spiritual Journeying)
14) **Lamas Celebration at Crazy Wisdom**
with Bronwen Gates and Helen Slomovits
August 2 - (See Ceremonies, Celebrations & Rituals)
15) **Flaming Jewel Summer Retreat** – August 17-August 25
(See Buddhist Teachings & Meditation)

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the September-December 2001 issue is **Wednesday, August 1st** and the **deadline for paid advertising is Wednesday, August 15th.** The issue will be distributed starting August 29th. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Transcribing of interviews: Lynn Murdock. Most of the photographs were taken by Linda Lawson or Neil Heidrich, unless otherwise noted. (Cover photos: Brennan by Leslie Sobel; Raisler by Jon Cohn; Sperlich by Linda Lawson.) Artwork in this issue was done by Nicole Macdonald. Cover design: Molly Nuzzo.

Most of the quotes used in the calendar section were found in the book: *LittleMiracles* by Dan Zadra and Katie Lambert. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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Celebrating and Healing at the Wedding of My Friend, Dr. Gabriel Cousens

Or

Local Reiki Master Ray O. Golden Attends a Very Cool Wedding in Arizona

Ray Golden (in the middle) relished his participation in the tri-spiritual wedding ceremony of author Gabriel Cousens and Shanti Golds-Cousens.

By Ray O. Golden

In March of this year, I had the opportunity to participate in the wedding celebration of my friend, teacher, and healer, Dr. Gabriel Cousens. Gabriel is a well-known healer, author and spiritual facilitator. His books include Conscious Eating, Spiritual Nutrition and the Rainbow Diet, Sevenfold Peace, Tachyon Energy: A New Paradigm in Holistic Healing and Depression-Free for Life.

The celebration was held at the Tree of Life Rejuvenation Center near Patagonia, Arizona. It was a three-day spiritual and healing celebration. Every meal was a gourmet vegetarian living food feast put together by the Tree of Life Cafe that is part of the center. The Tree of Life Rejuvenation Center is 166-acre retreat and healing center at an altitude of 4500 feet with adjacent mountain peaks. It is considered high desert and is next to a national forest. This was a good time of the year to be there, since there had been rain recently and the desert presented us with many flowers and blossoms, as well as comfortable spring-like temperatures. The meditations and many of the ceremonies took place at the temple there, which is a building with a copper pyramid roof and the largest quartz crystal I have ever seen, embedded in the floor in the middle of a copper Star of David.

I arrived several days early to do some work with Gabriel. What follows are notes from my time there.

Thursday: Before the celebration, Shanti, Gabriel's wife-to-be, was feeling stressed, and Gabriel asked if I could work on her to help relieve it. He decided to also let me work on him. So I was able to help them each go into the union clear of past energies and stress, in a state of harmony.

Friday: The yogic ceremony started at 6:15 in the morning. I was awakened shortly after eight by my roommate's comment "I think it's after six". We both had slept through the alarm causing me to miss this part of the ceremony.

So I had to ask Gabriel about the yogic ceremony. This is what he said: "This wedding represents a true cross-cultural and multilevel spiritual approach. It's really the culmination of our life. We started with the yogic ceremony, which represents a deep part of our tradition, with my having lived many years in India, my first teacher being Muktananda, and deeply imbibing the yogic way of life, and with Shanti living 15 years in an ashram. So it represents a lot of meaning for us."

"The very first thing we did was the *Agni hotra* which is the Sunrise and blessing the planet. And then after we blessed the planet, we did a *homa* which is 108 mantras of *Om tri om ba com.* The point there is to clean any negative thought forms before we enter the marriage. Clear it of the mental negativities, where we're throwing any negative thought forms into the fire. Then we did the *Guru Gita* which is an honoring of the Guru — the outer Guru, and most important, the inner Guru. The inner Guru is the truth of who we are and it is always with us. It's the higher self of who we are."

" We honored that and we also honored the *Ava Dhut, which* is the pure God merged consciousness. And ended with the *Kundilina Stavaha*, which is the ode to the goddess Kundilina, which is the creative force on the planet. Then we walked around each other seven times, the traditional yogic ceremony. And then we took two stones and threw them in the pond with the blessing that we will be together until both stones rise. So the yogic ceremony was very deep and more in silence and chanting."

I was awake, and later in the morning went to the Native American ceremony. I asked Gabriel about this part of the ceremony.

"The Native American ceremony started with the traditional Sioux sweat led by Kam Nightchase, whose grandfather was the Shaman healer for Sitting Bull." Kam is a Sioux chief and also Gabriel's personal Sundance chief.

"The Sundance is the old ghost dance which we're now calling the spirit dance which we will share around the world." Gabriel is actually ceremonially adopted into the Sioux nation in Kam's family. So Kam came as a family member to do this.

"The Sioux way, the Native American way is very deep in a different way. So we did a sweat where people blessed the married couple and take the fire from that and did a traditional Native American ceremony where we take their Native American vows, and we wrap ourselves in a special blanket. This happened be the blanket of Crazy Horse, who was the mythical warrior. He has come to me (Gabriel) at the Sundance. Then we jumped over the fire together. Then we became as two separate souls wrapped in a blanket becoming one flame and purifying in the fire. So we purified ourselves; we took their vows; we unified as one flame. We drank out of what is known as a marriage vessel that has two sprouts. We each filled it with water. The water represents each of our cosmic life essences. We both drank out of it from a separate sprout. We smoked the peace pipe that I earned at the Sundance, to send the prayers up to the heavens. A very simple ceremony but very, very powerful. The Native American is always right to the point."

Afterwards, during lunch, I talked to Kam Nightchase. And he said, "Gabriel is their most honored Sundancer". Each year all of the top Chiefs and Shamans from around the world gather for a four-day Sundance. Gabriel is the only one to have made it through all four days each of the last two years. Kam said "Gabriel made a great sacrifice for our people".

While Kam and I were talking, this amazing whirlwind occurred which was carrying sagebrush and other items up into the sky and away. Everyone watched for some time with a sense of awe. Kam was sitting there laughing. I asked him what was going on. He said, "the spirits were being playful".

Saturday: The Shamanic Kaballistic Jewish ceremony covered a period of two days. Three rabbis, Jonathan Seidel, Hanah Sills, and Gershon Winkler conducted it. The three rabbis represented the Trinity for the one. Gabriel warned us that Gershon had a sense of humor. We were treated to comments such as: "I'm not really Jewish and this is very hard for me since I'm a rabbi."

The Jewish ceremony started on Friday night with a Kaballistic Shamanic Shabbat where they honored all the elements and invoked the consciousness of the feminine essence on the planet. And there were two other services, a Shancharit in the morning and Mincha in the afternoon.

Said Gabriel, "During the day Shanti and I did a purification Mikvah. It's interesting that all of these traditions have purification before hand. And what we did was three times in the Mikvah, that we build there: the first time is to let go the past; the second is to become neutral and the third was holding hands and creating energy of a new life. The three represent Neshama, the physical body, then the Ruach, the emotional body, and Nefesh, the soul body. So these represent the body, mind, spirit. Then we held hands and looked each other in the eye and as we came out said the S'hma, (which means God is one). That's how we purified ourselves."

Sunday: At breakfast on Sunday morning, Gabriel asked if I would give a toast to them at the reception that afternoon. This caused me to feel a slight panic, and it also caused me to immediately pray for help on what to say. It has been said, be careful and clear on what you pray for. My help came in a roundabout way. Another reminder that God has a sense of humor. After a brief nap to relax and avoid the rush at the showers, I went in to take a shower, just in time to hear someone say, " there's no water coming out!" All of the water at the center comes from one hugh reverse osmosis filter and tank and the pump had just gone out. I decided to use this in my toast.

Gabriel has this to say about the Jewish rituals. "The Jewish ceremony is long and complicated. It has do with our actual contract. It has do with invoking the four elements. We start by washing each other's feet, which is humbling ourselves before each other, caring for each other, doing the four elements and then using the two candles, becoming one candle. The water purification, different directions."

"We shared bread with everybody that Shanti had made, Challah. So everybody ate of that and fed each other which is what we wanted to see happening. We have fire, we have the breath, the chanting and mantra, and then we took our vows under a Huppah, which is the traditional symbolic home. It was held by four members, my son and daughter, and the best man and woman; it represents community being involved, so community helps hold the home up, support the home. Surrounded by people who also blessed and took care of us."

A moment of unplanned humor occurred as Rabbi Gershon was preparing for *the breaking of the glass* at the end of the ceremony, when Gabriel pointed out that they still needed to say their wedding vows.

At the reception we received another gourmet living foods feast, which included a living foods wedding cake that I believed contained chocolate. It was the best cake I have ever had. When it came time to give the toast, I had to follow Kevin Reyerson (Shirley MacClaine's psychic, channel, and mentor from *Out On A Limb*). Gulp! I used what God

had given me and made this toast: "To my healer, teacher, friend and brother, and to Shanti, my teacher also, When you visited me last year and I saw you together and the love that Shanti offered you, I knew what had been missing in your life. God smiles this day on this couple. When the showers went out this morning I was reminded of what a dry sense of humor that Gabriel has." (Laughter) "God bless you and your union". Then a voice came into my mind and I heard myself say, "it is truly a Divine Union."

We finished the reception with more music by the Tree of Life Family Band and dancing. I had never met Kevin Reyerson and hoped to then, but didn't manage to connect with him.

Later I asked Gabriel about the shape of his and Shanti's rings? "Our rings are square on the outside representing four directions and the name of God beyond time, space, and gender - That which was, is, and will be, Yahweh — so it's a circle on the inside, four directions on the outside."

The next morning I was having another wonderful meal along with leftover wedding cake at the Tree of Life Cafe, when Kevin Reyerson came in and complemented me on the toast I had given.

After breakfast I talked with Gabriel some more and asked, how would you sum up what occurred here?

"So basically we're talking about the essence of Us; what the wedding is about and what marriage is about, is how to live together, make love together in a way that invokes the presence of the divine in every moment and that's really what it's about. For me it's an initiation into the Sadha of what I believe is most appropriate for Westerners; where in the Kaballistic tradition we are seen as half souls becoming one. Because initially Adam and Eve were one hermaphroditic entity who split and so it represents the unification. In the Kaballah - as below, so above, so in our unification we create unification throughout all of the universe of the male-female elements; so it's a powerful act of healing the planet. For many people who were here, the wedding was not a wedding, it was a spiritual ceremony that when on for three days, where people went through their own purifications and their own healings."

"In a sense what was communicated at the three-day wedding is the meaning of how to live in The Tree of Life Consciousness, that cosmic consciousness, and that is who we are and that is what we're communicating; its our purpose. That's why we're coming together. The Baal-shem-tov says that 'each person is a light reaching to the heavens and when two come together a much stronger light comes on. And when two beings who are soul mates come together, who are here for service and to bring elevated consciousness to the planet, the whole heavens light up'. I believe that's what happened in those three days."

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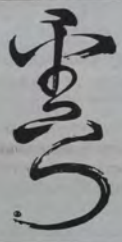

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The Art and Practice of Midwifery in Ann Arbor

Crazy Wisdom Interviews Three Local Midwives ~

"If you've ever been in a room where a woman is giving birth, it's just darn clear who's doing the work and it's not the midwife or the doctor or the nurse…The mom delivers the baby; we catch them."

Traditional Lay Midwife Mickey Sperlich

Photo by Linda Lawson

Holistic Midwifery Educator Patty Brennan

"When people ask how could homebirth be safe, it's safe because first of all birth is not an emergency waiting to happen and pregnancy is not a disease that's cured by the birth of the baby. For the most part, it's a normal, healthy event."

U-M Nurse Midwifery Asst. Professor Jeanne Raisler

"Nurse midwives are trying to walk a line of rigorous, safe care combined with compassion and empowerment of women. We are trying to create a low tech, high touch model of birth in the hospital. Because after all, that's where 96% of US births happen."

Photo by Jon Cohn

Midwifery in Ann Arbor ~ An Interview with Holistic Midwifery Educator Patty Brennan

Photo by Linda Lawson

Patty Brennan is the Executive Director of Ann Arbor's Holistic Midwifery Institute, which provides health-related education, resources, and services to pregnant women, and to professionals who work with pregnant women and their families during the childbearing year. She has been professionally involved with childbirth for 18 years as a childbirth educator, doula, and homebirth midwife. She has served on the faculties of both Washtenaw Community College and Schoolcraft College as an instructor of Homeopathy. She's been published in the Journal of Nurse Midwifery *and in* Midwifery Today.

Patty is 48, and lives on the West Side with her husband, Jerry, and their two sons, Terry and Max. We met on a clear spring morning at her office in the Midwifery Arts Center, which is on Brooks Street. The Midwifery Arts Center includes her office, the offices of New Moon Midwifery (Mickey Sperlich and Merilynne Rush), and the studio of photographer, Harriette Hartigan, who partially specializes in birth photography. There is also a lending library and community bulletin board at the Center. Patty is passionate about the subject of childbirth, and she is an educator, by nature.

(Ruth Schekter and Bill Zirinsky were the interviewers for this article.)

Bill Zirinsky: We wanted to start off asking you to take us on a bit of a tour of the Ann Arbor region's lay midwifery scene.

Patty Brennan: Sure. Well, there are plenty of choices for women and families looking for all different types of birthing options in the Ann Arbor area, so Michigan is really a great state for midwifery, and for the free and open practice of midwifery. In this area, there are several experienced midwives who have home birth practices. Those lay midwives are not regulated by the federal government, or the state of Michigan, at all. There are voluntary certification processes that midwives can undergo if they choose to get some type of credential.

Ruth Schekter: What certification programs exist in Michigan for lay midwives?

Patty Brennan: There is one through the Michigan Midwives Association, which is a state group of primarily lay midwives, although in recent years more and more nurse midwives have also joined that association. And there is a national credential through the North American Registry of Midwives.

Bill Zirinsky: About how many lay midwives would you say there are practicing in the Ann Arbor area?

Patty Brennan: At least four. Then there are some people who may not live in Ann Arbor, who occasionally come to Ann Arbor to do births here, from Detroit or the Downriver area.

Ruth Schekter: Is that a change from the number of lay midwives who were practicing in this area 15 years ago?

Patty Brennan: Actually, as long as I can remember – say 15 years ago – I was attending homebirths and there were three other practices at that time.

Bill Zirinsky: Do you think that more people are having home births now than 15 years ago?

Patty Brennan: I don't know if the statistics even nationally would bear that out. I think that certainly more people are going to midwives.

There are certified nurse midwife practices at the two major hospitals right here in Ann Arbor, and they are very active. Nationally, certified nurse midwives attend around 7% of all births. You might want to ask Jeanne Raisler more about that when you interview her.

Ruth Schekter: Why does someone choose to work with a lay midwife as opposed to a certified nurse midwife?

Patty Brennan: That's a good question. Probably because of a perception in the differences in training would be one thing. The reality is that nurse midwives in Michigan do tend to work in medical settings. There are a couple of exceptions. Fifteen years ago there weren't even exceptions about that for the most part. Because one of the things that the licensing requires is that they work under a doctor's supervision. So if you're a certified nurse midwife you have to have a doctor providing back-up, and the political reality of that years ago was that you couldn't find physicians who would do that. Now that has changed and there is a notable exception in the state out in the Kalamazoo area. A nurse midwife, who went through the University of Michigan training, got physician back-up and attends about 100 home births a year. But that's not the rule. So what you tend to have is lay midwives attending home births, and certified nurse midwives working in the hospital, at least in Michigan. Each state treats midwifery somewhat differently.

BZ: Why wouldn't more nurse midwives, who have the credential, choose to develop a practice where they were working in home births more?

Brennan: I don't know if I can answer for the nurse midwives. It may be that they feel safer working in a hospital, that that's their perception of safety about birth and that it's better for it to be happening in the hospital setting. And then the lay midwives feel pretty much the opposite, that all that technology does not necessarily make birth safer for low-risk women, and they are more comfortable working in the home setting and that's where their heart is.

RS: I think that might be a good lead-in to asking how you came to this work and what your background is. I think that will lead us to understand your perspective.

Brennan: My background is when I first became interested in natural childbirth and holistic health care, I had a 2-year-old son who had been born in the hospital with very little emotional or physical support during my labor and a lot of medical intervention in my birth. At that time, I met a midwife who lived down the street. She was a lay midwife who attended homebirths in the area.

RS: Was that here in Michigan?

Brennan: Yes, it was in Ann Arbor. I just became fascinated by what she was doing and I started borrowing books from her. Almost from the day that I met her, I felt that I wanted to be a midwife. I was going through this process of – I think of it as connecting the dots – looking back on what my experience had been a couple years earlier having my son and realizing how things that happened at the birth were connected, how one medical intervention tended to cause a problem that led to more intervention. And things that I previously thought were separate events, like the fact that he was jaundiced postpartum, realizing that actually the use of the drug Pitocin in labor can cause jaundice in the newborn.

BZ: Pitocin is usually used for what?

Brennan: It's used to induce labor. So that was one connection. I came home from the hospital with a postpartum infection and it was very hard to treat since I was a breastfeeding mom. So, years later, when it came to having my second child at home, one of the things that made me feel safer about homebirth was knowing that I was pretty much immune already to anything in my own home and that infection would not be an issue.

RS: Had you been doing other work before you had your first child?

Brennan: I was self-employed at the time. I had a business here in town where I did editing and word-processing for the university and business communities. I worked out of my home and was an at-home mom, basically, but I did bring in some income for the family.

BZ: Would you continue with where you were a minute or two ago in terms of connecting the dots and beginning to move toward this work.

Brennan: Actually, even with that first child I had considered having a homebirth, but the word midwife wasn't in my consciousness. So, I had thought about it, but I wondered if there were doctors that could do homebirths, and I'd heard of a person in Lansing. I pursued that to a point and then realized insurance wouldn't pay for it, so I'm one of those people who with my first birth basically let the insurance company dictate my choices to me. Which I look back on now as a huge mistake. It seems to be putting the cart before the horse. I mean, insurance companies should be serving us and enabling optimal health care, not the other way around. I don't let insurance companies limit my options anymore. I seek health care that works and make it a priority in my family how we pay for that. After all, what could possibly be more important than the births of your children and your family's health?

What I started to do was just read everything I could read on the subject of midwifery. There was an opportunity in town to train as a childbirth educator and I thought that would be a way to at least begin working with pregnant couples. I saw it as a stepping stone to midwifery actually and as a way to pay for an apprenticeship to go into that field and begin to make it pay for itself. So I started out as a childbirth educator and interestingly enough, that's the

piece that I'm still doing 18 years later, now that I'm retired from midwifery. I started doing hospital labor support for some teen moms. I volunteered up at the U of M on the postpartum floor for about a year. I learned a lot there. I witnessed three C-sections during that time.

I was kind of bold. I wasn't supposed to be working on the labor and delivery floor, but I would go down there sometimes and just say, "I'm the volunteer from upstairs and they don't have anything for me to do. Are there any births going on today that I could witness?" and the answer always came back, "Well, there's a C-section about to start in 10 minutes." (laughs) Literally, three times in a row the answer was "Well, there are no vaginal deliveries that are about to happen right now, but we are doing a C-section." They actually just let me go in and witness these C-sections. So the training was very much just self-directed and eclectic. There weren't as many opportunities to get trained outside the system then as there are now because there just weren't that many midwives practicing. There weren't all kinds of conferences and so on. Then my friend (she was actually apprenticing when I first met her) decided to open her own practice and asked if I would like to come to births and help.

BZ: So then you apprenticed for a while?

Brennan: So I started going to births with her. We worked together over about five years. And then after, it was I think 1988, I opened my own practice here in town.

RS: What was the time period between when you first started getting interested to when you opened your practice?

Brennan: Five years. Five years of going to births with her and teaching childbirth classes, at the same time still doing my typing and editing business and raising two small children (laughs). I had a baby in there too. I don't know how I did all that. It makes me tired to think of that now (all laugh). I still think I'm busy now, but when you throw in two little ones, that in itself is a full-time job.

BZ: So you began working as a midwife and you did that from 1988 or so until...When did you retire as an active midwife?

Brennan: It'll be four years in August. I think my own children were getting older and, ironically enough, more freedom in my personal life made me want more of that (laughs).

RS: That makes sense to me!

Brennan: Yeah, I didn't want to be tied to that beeper lifestyle, which is very challenging. Actually, the word "oppressive" comes to mind (laughs).

RS: I was thinking a lot about that, sort of being on-call all the time with young children. Is there an attrition rate in terms of people studying to be midwives and then becoming midwives for a period of time, but they then come to a point where they realize the tremendous demands on one's personal life?

I'd say there's one theme that runs through everything I've done, and that's informed consent. That people look at health care as consumers, that they think about making these institutions work for them rather than being mindless slaves to Blue Cross/Blue Shield or wherever it is that they're going for care, and that they really participate.

Brennan: I think yes. A lot of people decide, when they really get into that on-call lifestyle, they decide it's not for them. It just doesn't suit some people and then other people just love the work so much...There are midwives who've been doing it 20, 25, 30 years in Michigan, and they're busy practicing and you don't hear them talking about quitting (all laugh). That's hard for me. I always struggled with it a bit, and I felt that sometimes over the years I was more graceful in living with that lifestyle than at others times.

BZ: But meanwhile you had gotten involved in teaching other women to become midwives.

Brennan: Yes, but that really took off after I retired.

BZ: It seems like it's a pretty exciting curriculum that you've created for your training and educating of midwives-to-be. Do you want to talk about that?

Brennan: Sure. If you think of a continuum, with medical midwives at one end and non-medical midwives at the other, I would put myself really at the non-medical side of things. Some midwives attending homebirths might carry medical equipment to the births, they might resort to the use of drugs, or intervene in the normal process of labor. Perhaps use different types of invasive procedures, such as breaking a woman's bag of waters, that kind of thing. I tried to remain non-interventive for the most part. I did not carry any drugs. I always used herbs and homeopathic remedies. I was fortunate to have trained in the company of midwives who had a holistic mindset and we had the opportunity to see that the herbs and remedies worked when you needed them to. I think maybe other midwives who are trained either in a medical setting or by a more medical homebirth midwife who uses drugs, don't really get the opportunity to see how you would handle a hemorrhage with herbs or homeopathics. But I did and I always felt comfortable using them, and I think it made the practice safer.

RS: What kind of drugs would a lay midwife who is medically oriented bring to a homebirth?

Brennan: Pitocin, usually. Possibly for a hemorrhage, not to induce labor. Some people might carry things to stitch the mother, like a numbing agent. I never wanted to put myself in that position of carrying drugs or possibly being perceived as practicing medicine without a license or whatever. Because midwifery is not considered the practice of medicine, by Michigan law.

BZ: What is midwifery considered, by Michigan law?

Brennan: I don't know. It's just kind of a gray area. It's not prohibited. In Ohio, for example, lay midwifery is illegal.

BZ: So it's a state by state...

Brennan: Yes. In some states, it's not prohibited but it is regulated by the state. So then the midwives have to go through a licensing procedure or state-mandated certification procedure. Each state is different. And then you probably still are always going to have a blend of people even in those states, who work outside the law. Because as soon as you start to certify and regulate midwives, you have to come up with a definition of "standard of care." And then you have to come up with what's considered safe for midwives to do, what's considered not safe. So basically, what you end up with once you get the system involved – which is going to involve insurance companies and lawyers and medical people – is a set of rules regarding what you can't do, what would be considered outside of the midwife's scope of care. You can't do twins at home, you can't do breeches at home, you can't do women over the age of whatever – a whole list of guidelines that would limit families' choices. Or the midwife would be risking her license and possibly jail time if she...

BZ: So as soon as you begin to create that state regulatory structure, you're saying that you'd end up with some people who still wanted to attend births at home and therefore probably you would end up with lay midwives in all the states with regulation.

Brennan: Well, the term lay midwife is broader than that. What you would have is some midwives working outside of the law, some midwives working within the system, and if you didn't have those midwives who were willing to work outside the law, you'd have less choices for parents. Then the woman who's having her first baby, whose baby is in a breech position, which I believe is a 3% occurrence rate, would be faced with very few other options other than to have a Cesarean. She might find a medical practitioner who allows her a "trial of labor" in the hospital, but who would instill a lot of fear in her about that. And so the chances of it going well or not ending in surgery are pretty limited.

BZ: It strikes me that you're a natural educator. We took your class in childbirth preparation and it's interesting that you've now added to what you're teaching, the teaching of midwives-to-be. Will you talk about how that's developing? Has that been three years now or four years since you've created the Holistic Midwifery Institute?

Brennan: We're starting our fourth year. It's a year since we've organized as a non-profit corporation. So now we have 501(c)(3) tax-exempt status. That's just been in the last year. But building toward the structure of that, like developing the programs and the classes and the idea for it, has been under way for four years. I do like to teach. Even when I was midwifing, I did a lot of teaching and this is part of what I'm training people to do. I think it's really important. I'd say there's one theme that runs through everything I've done, and that's informed consent. That people look at health care as consumers, that they think about making these institutions work for them rather than being mindless slaves to Blue Cross/Blue Shield or wherever it is that they're going for care, and that they really participate.

I'm sure you remember that theme from the classes, that you really participate in decisions that are being made and that the components of informed consent are to know the benefits, risks, and alternatives to the various procedures, medical testing, interventions in labor, drugs, all of that. That people get a sense of what the right questions are to ask, so that they are not blind-sided later by unbending hospital protocols where they realize, "Wow, turns out I don't have a choice about this. But had I had more information, I might've made this choice over here." What I'm trying to do is reach those people...

RS: ...ahead of time...

Brennan: Yes, so that when they're in the situation they can really participate in decisions, that they don't just necessarily let themselves be rolled over, where they're being processed by a system that is designed to address risks...Here's what happens. In the medical approach to birth, the difference between average and normal has really become blended. So that what they do is look at statistics that say, "The average first-time mother will take two hours to push her baby out; from the time she is fully dilated until the baby is born will take two hours average." That means, the way you get the average is to take a person who had the four-hour pushing stage or the six-hour pushing stage and the person who took 10 minutes – you have these people at different ends of the spectrum, you add them all up and divide by the number of people you have, and you come up with an average length of two hours. Well, more and more the medical standard of care has become defined as normal equals average, as opposed to this range of normal. So when people start going outside of what's strictly average, it's considered pathology or possibly pathology. It's an invitation for a lot of intervention in the birth and a lot of aggressive treatment because she's not average.

You can get people at both ends of that spectrum who are not average but are normal. I'm not saying you don't have to pay really close attention to each situation to know whether the baby's getting stressed or the mother too exhausted. Those are your two parameters for safety. But within those two parameters there's this range of normal.

RS: Which is pretty broad.

Brennan: Yes, which is actually quite broad. And many of the sort of protocols and things that are in place are really just very narrowly defined. They're set in motion to catch the few people that might be at one of the ends of the spectrum, and in some cases that means pathology and in some it doesn't. But statistically, if they start to fall into that risk of, say, going two weeks overdue, they're going to get a big push to have their labor be induced. And what won't be taken into account is their overall health, their diet factor – other things that a holistically minded midwife, who isn't practicing within those same protocols, would assess the risk with each individual client based upon how healthy has she been during the pregnancy, what does she eat, what's her whole lifestyle like, what is the stress level in her life, what kind of support does she have at home, what are her beliefs about all of this. All of those considerations would be taken into account

The holistic midwife who's practicing in the home setting actually has the freedom, in partnership with the client, to make that decision: do you choose to seek medical care for the fact that you're going two weeks overdue now? This is what I'm teaching people. They look at "How would this be handled in the medical setting and why do they do that?" What are the risks here? What are the concerns?

For more information about midwifery, here are some resources:

The phone number for the American College of Nurse-Midwives is 1-888-MIDWIFE. The web site for that organization is located at www.midwives.org.

The phone number for the Midwives Alliance of North America is 1-888-923-MANA. The web site for that organization is located at www.mana.org.

The phone number for the Michigan Midwives Association is 1-877-BIRTH4U.

Photo by Leslie Sobel

What are the alternatives? Why are they inducing women? What's the issue there? More babies die at two weeks overdue than would at one week overdue. More babies die at three weeks overdue than would at two weeks overdue. So there definitely can be demonstrated a statistical risk to the baby in going overdue. Women at home, then, take that information and decide, "Do I feel safer going into the medical setting and having them do various tests and checks that they can do on how the baby's doing?"

One choice doesn't necessarily rule out the other. It's not mutually exclusive. They may go in and decide, "All right, I'll get a biophysical profile to assess how the baby's tolerating going overdue and if all the signs are good, then just go home and give it some time. If all the signs are not good, then maybe I'll stay in the hospital at that point and have my labor induced and change my plans."

BZ: In your childbirth preparation class, you spend a lot of time working at giving information to the parents as to what the range of normal is and what some of the issues are that are going to come up at various stages of the pregnancy?

Brennan: Yes and give them some sense of what the politics involved in all that are and what things they have choices over and what things they don't have choices over. For example, protocols that are in place to protect the baby are very unbending. Most parents don't realize that doctors can easily obtain court orders to enforce recommended medical testing and treatments for the baby if the parents oppose it.

BZ: And all the people who attend your classes, are they already ideologically attuned to a holistic perspective or do some of them come in and they're intending to have fairly traditional hospital births? Where do they fall on that continuum?

Brennan: I would say the bulk of them come because I do call it Holistic Childbirth Preparation. It is the Holistic Midwifery Institute, after all (laughs). So I think people do have some expectation of that and certainly some people want that – the bulk of the people.

RS: I think one of the things that I really appreciated about the class was the way you presented the information. I think it was clear what your leanings were, obviously, but I felt you presented information in a really balanced way and in a way that wasn't judgmental, and that really gave choices to people who weren't as familiar with all of the issues that you cover – and you cover a fairly broad range of issues – from circumcision, vaccination, medicine, labor, delivery, partnering delivery, nutrition, etc. You were educating in the truest sense of the word.

Brennan: I think that's the only way to really honor people, is to trust them. First of all, it would be really obnoxious for me to think that my way is the best way for everybody, because it's not. Some women do have concerns where they need to be in a hospital or if they feel safer there, it's a better place for them to be. It's where you feel the safest and the most well supported that you will have the best birth. But people need to have good information. I want them to have that feeling of safety, and for it to be based on information, not just brainwashed into thinking "I'll circumcise my baby because my husband's circumcised." Not to necessarily make that decision just because you haven't even considered your choices.

BZ: The same would apply to vaccinations too.

Brennan: Absolutely.

BZ: I know that you've written a good deal about vaccinations. What's the name of your book about vaccinations?

Brennan: It's called *Vaccine Choices, Homeopathic Alternatives and Parental Rights: A Sourcepack for Health Care Consumers and Concerned Parents* (laughs). It's a very lengthy name (laughs). It tells you what it is. I have materials that the government prints out like Vaccine Information Statements and I have vaccine waiver forms in there. There's a booklet of information I've written designed to help parents make informed choices, and then there are other materials I've gathered.

BZ: Can you describe the basic issues that you address?

Brennan: The basic issue with vaccines is that in this country there is a huge political agenda to promote vaccinations. And this is done in conjunction with the American Academy of Pediatricians and the Center for Disease Control and the pharmaceutical companies who produce the vaccines. I want to encourage people to know that there are serious health risks involved with every vaccine and that each vaccine should be looked at as a separate decision. You don't necessarily have to categorically refuse all vaccines, nor should you just sign up for the whole program without questioning any of it. There is actually a middle ground too, where people look at each vaccine separately and think, "Okay, what is the risk of my child getting this disease, what are the actual disease risks, and the risks to the society (if you want to look at it that way too) of not vaccinating?"

Then the next thing to look at is how effective is the vaccine in preventing that disease? People are led to believe that vaccines are incredibly effective and some vaccines, such as tetanus, are relatively effective. Others, however, are less successful in disease prevention. For example, where there have been epidemics and outbreaks of whooping cough in the last 15 years or so, in different areas of the country, they have found that up to 50% of the people who became infected were fully in compliance with recommended vaccination schedules.

> This whole process is how life comes into being, how the divine comes into matter. It is incredibly powerful.

So the pertussis vaccine is actually about 50% effective in preventing pertussis. If people look at that and then they also look at pertussis as being one of the more dangerous vaccines to possibly give your child in terms of it being associated with some of the most severe adverse reactions such as seizure disorders, brain damage, and even death, then parents might make an informed decision to not do pertussis vaccine.

BZ: And how great are those risks of brain damage and seizures?

Brennan: I don't have those statistics in front of me right now and obviously the policy makers think that it's an acceptable risk margin, that the benefits outweigh the risks from a public health policy standpoint. But I think that that's a risk each parent should decide. I recommend that parents read the vaccine package inserts prior to vaccinating because the inserts list every adverse reaction that's been identified. That will let you know what to look for if your child is possibly having a vaccine reaction. It also lists contraindications, which means who should not have this vaccine.

RS: And that information is not necessarily provided to you at your pediatrician's office.

Brennan: No.

RS: They do give you a handout with each...

Brennan: Right. They give you the Vaccine Information Statement, which consumer groups lobbied to get that law passed. I have copies of these statements in my sourcepack and they're very abbreviated, but at least it is something.

> It's a real pleasure and an honor to be present at birth and to witness birth, especially to witness unmedicated births that aren't interfered with, where you can see the sort of depths of pain and heights of ecstasy all together in one experience. It's a very intimate way of relating to people.

Here's the interesting thing. Because of the political agenda, we now have vaccine tracking in place in Michigan. That's government-mandated vaccine tracking that follows a child's vaccine status by their social security number. So, if you are a family who has made an unconventional choice regarding vaccines and you end up, say, walking into Urgent Care with a two-year-old suffering with a fever, they're going to make that child's vaccine status an issue at that visit. Because it's considered – and this is their language, not mine, it sounds sort of cynical so I don't want you to think I'm making this up – it's considered an "opportunity to vaccinate." In other words, a way for them to increase vaccine compliance rates. When the child is on their turf, it's an opportunity to vaccinate. So the political agenda is to push vaccines and yet, if you were to read the package insert you realize that, say, if a child has a fever, it's actually listed among the contraindications to take vaccines at that time. In other words, your immune system is already stressed, you're fighting something off, it's not a good time to vaccinate. And yet, it's now becoming pretty much standard that when you take a sick child to a doctor's office or a hospital, they're going to want to vaccinate that child if he is not on schedule. Informed parents understand that it's not in the child's best interests health-wise to vaccinate at that time. Parents need to know that because the pressure brought to bear can be very intimidating – "You have to do this," not presented as a choice, which it is.

RS: And even when a child is getting registered to go to school, that's one of the first things they ask you for – "Has your child been vaccinated? What have or haven't you done?"

Brennan: And they don't tell you, "Oh, you can sign a waiver." They say, "This is mandatory. You must do this." So if parents don't know that they have rights in those situations, then they basically don't.

BZ: What is a doula?

Brennan: A doula is a woman who helps other women around the time of birth. It's evolved now into basically two different concepts of the doula: one is being a postpartum mother's helper, a woman who comes into the home after the baby is born basically fulfills the function that family members generally fulfill if you have family members nearby – throwing in a few loads of laundry, light housekeeping, making a meal, holding the baby while mom cares for herself, and just trying to smooth that transition of a new baby in the household until the mom is back on her feet and healed from the birth and feeling confident about things. Some doulas may also have expertise in helping with breastfeeding and suggestions for holistic healing after the birth and be able to do a little more personal care. And then the other common way that doulas are working now is as professional labor support. And some people might combine those two roles.

The professional labor support doula meets with her clients prior to the birth. She may do some education with her clients. The get to know each other and build a trusting relationship, discuss preferences for how they'd like things

to be handled at the birth, what they'd like the doula to help facilitate for them, the kind of birth that they want. They work out all that ahead of time. She may make herself available when the woman is in early labor to come to her home and help her judge the progress of the labor so that she doesn't go off to the hospital too early.

Because if you go to the hospital too soon in labor, they tend to send you home again and then you've wasted a lot of energy, when you could be better resting and conserving energy for the birth. Plus, it's discouraging for everybody. So an experienced doula can help the woman judge where she is in the labor and help her be at ease with the early part of labor, reminding her what she should be doing, helping everything to proceed normally, and bolstering her own sense of self-confidence about it, supporting her strengths. She encourages the mother with kind words.

Depending upon how active and involved the father or the partner wants to be in the birth, the doula's presence may allow the partner to take breaks or she may offer to do massage and other hands-on comfort measures. She assists them in making informed choices, helps them with suggestions for non-medical alternatives, and generally tries to facilitate their dream.

Also, some women can use more than one or two people giving them attention in labor. Like when I was having my second baby, I kept three people really busy the whole time (laughs), just kind of catering to my every need. Some women will like that level of attention during their births.

BZ: So you do training of both doulas as well as midwives, as far as what you're doing?

Brennan: Yes.

BZ: Are you offering a certification or is it more informal than that?

Brennan: I do offer certification for the doulas, but not for the midwives.

RS: What are the range of charges that both doulas and midwives charge for their services, and what does that include?

Brennan: I think local doulas are pretty much charging from $400 to $800 or so. They would generally include at least two prenatal visits, care at the birth, and probably at least one postpartum visit and possibly more in that fee. Then some people might offer postpartum care in addition to the birth and labor support, and that would probably be contracted on a whole other basis. I think it's going from $15 to $20 an hour for postpartum doulas.

Then the lay midwives, I think the latest I've heard is most people are charging approximately $2,500. The fee would typically include all your prenatal care, phone consultations throughout pregnancy as needed, attendance at your birth, one or two postpartum visits, and phone availability for six weeks postpartum.

RS: I wanted to ask you if there's a spiritual component to what you do.

Brennan: Yes, I don't think you can attend birth without acknowledging the spiritual aspect. Birth has become more and more a metaphor in my life. The transition that one goes through, the idea that most change is accompanied by pain, most personal growth in our lives is accompanied by pain. It's a little uncomfortable to change. Some people really resist it, incredibly resist any change in their lives and it's very scary for them. It is scary to go through this transition, which in so many ways feels out of your control. It's this inevitable process and you're just kind of riding along with it, and yet it's such a beautiful and powerful experience for people that if you dulled that whole experience with drugs so that you don't feel it, then you also dull the positive aspects as well (not that they can't love their children or be totally bonded with their babies after the birth; you can; you can have an epidural and still have a wonderful birth).

But, in terms of just thinking about what birth can really be, it's full potential. The full potential of birth is ecstasy and also knowing at the end of it, if you did have a hard time and you find yourself working your way through it, that that pain and effort isn't just a waste. People think, "Well, why would you want to do that?" It's because the woman learns from labor and birth how strong she is. She learns something about herself and she finds a part of herself that she didn't know before, what she's capable of, and she accesses inner resources that she may not even know that she had. Part of the role of the midwife or the doula is to hold that belief in her, that faith in her and what she's capable of. We hold that for her in her moments of doubt. If she starts to feel like, "Oh, I don't think I can do this," or "This is way more than I bargained for" (laughs) – most women will have that moment of doubt, most people will be in that place at some point in their labor. They'll be thinking, "I can't do this" or "How much longer do I have to do this?" If she can have that moment without us necessarily having to run in and rescue her from it, and just support her through it, it really isn't more than she can bear.

This whole process is how life comes into being, how the divine comes into matter. It is incredibly powerful. So just to attend that and be respectful of it and faithful to the process and to try not to be so scared of it that you feel like you have to control it (because if we can control it and break it up into a mathematical problem and assign numbers all the way as we go through this, then somehow that makes it feel more manageable). And yet the reality of birth transcends all of that.

So it's a real pleasure and an honor to be present at birth and to witness birth, especially to witness unmedicated births and births that aren't interfered with, where you can see the sort of depths of pain and heights of ecstasy all together in one experience. It's a very intimate way of relating with people. It's just a blessing. I don't think, if I didn't have faith that there was some higher guidance and power at work in that process, that I would've ever been able to really be a midwife at all, because then fear would've just taken over. If I thought I really had all the power of life and death in my hands (laughs) and that that would make all the difference in the outcome of the birth, I don't know if I could've done it for the years that I did.

The full potential of birth is ecstasy and also knowing at the end of it, if you did have a hard time and you find yourself working your way through it, that your pain and effort isn't just a waste. People think, "Well, why would you want to do that?" It's because the woman learns from labor and birth how strong she is. She learns something about herself and she finds a part of herself that she didn't know before, what she's capable of, and she accesses inner resources that she may not even know that she had.

RS: There's so much attention to pregnancy and care for pregnant women and so much attention, particularly when it's your first child, to the event of childbirth, that you aren't necessarily prepared for what happens in the period just after birth – an hour or two hours or three hours…

BZ: What's worth treasuring in that?

RS: Yeah, you've had a successful birth…

Brennan: Your baby is going to imprint on those moments, the sort of feeling of "It's okay to be here," (laughs) "You're safe," "You're home with us here." I don't mean by home a place so much as with mom and dad or with the parents. Little newborns when they come out are just amazing in their clarity. They do gaze into their mother's eyes usually, if you have the baby at the breast. They clearly respond to both parents' voices. It's been established from research that newborns and mothers can recognize each other by the sense of smell alone. Research projects have figured that out (laughs) with controlled groups.

This baby has just been growing inside of you for nine months and obviously the place they would feel most secure and where they need to be when they come out is between the mother's breasts. And so I think that those first couple of hours are really important for the baby, and I believe that if you have a baby who needs medical care that somebody who loves the baby should be with the baby at all times.

RS: Can you talk about the importance of breastfeeding?

Brennan: Oh yeah, breastfeeding, one of the most pleasurable experiences a woman can have, I think, just in terms of pure pleasure. You know it's too bad so many people have a mindset that it's going to be painful. In the childbirth classes if I poll people, at least half the women in the room will report that they expect it to be painful to breast-feed, at least in the beginning.

Our culture is so unsupportive of breastfeeding. Some people do have difficulties and I think they need good support in the beginning, but interference in those first couple of hours can really disrupt that whole relationship.

RS: This is obviously something you feel strongly about. The things that you're describing are causing me to remember the births of my children, both of which were very, very pleasurable to me. My daughter was actually an unplanned homebirth; she was precipitous. It's a little over a year ago that my daughter weaned herself and I was mournful when she stopped. It wasn't my choice; it was her choice. It was one of the first things that you said, that it can be one of the most pleasurable things for a woman…

Brennan: I look back on that now because I'm 48 and I'm kind of a type A personality, perfectionist type (laughs). When you're a perfectionist, you just always feel like you could be doing something better, something else, something more. It's interesting to me that when I look back on my adult life, the times when I was most peaceful was when I was breastfeeding. I'm sure that a lot of it has to do with these hormones that are flowing that help you just be really relaxed. Recently, I had this insight that perfection had been achieved, you know, when I was breastfeeding that what I was doing was perfect.

It's really the only perfect thing I've ever done (laughs). I could be totally relaxed in the moment because there wasn't anything else that I should be doing or could be doing or needed to be doing besides what I was doing at that time. It was really wonderful and I don't know that anything will ever quite match that again.

RS: It's a rare thing in your life.

Brennan: It is.

Photo by Linda Lawson

Patty Brennan directs the Holistic Midwifery Institute, located in the Midwifery Arts Center, on Brooks Street. The Center, among other services, has a lending library and a community bulletin board.

RS: Very complete.
Brennan: Yes.
RS: And there's also a simplicity in that, that kind of can't be replicated anywhere.
Brennan: Yes. I suppose I could idealize it a little bit. Yes, I'm sure I was tired and once or twice I did have a breast infection. So it wasn't like I haven't ever seen any pain involved with it or difficulties or struggles or anything.
RS: And when your milk is first coming in, it can be very painful. Your breasts are kind of …
Brennan: But if you can support women through any of that short-term stuff to get to the other side of it, and some people don't even have to – that's not part of their experience at all. And yet, people tend to focus on the negative. You know? That that's the kind of stuff you hear about births too. You don't hear too many women talking about feeling ecstatic at their births. You hear about the big dramas.
BZ: Can you tell us, describe to us, a couple of really moving birth experiences that you were a midwife to, or witness to, over the course of the years?
Brennan: I'll tell you one of my favorite ones. This woman, who I had been a midwife for before – she's unusual in that she doesn't really like any medical rituals to be associated with her pregnancy or her birth, like blood pressure cuffs and stuff like that. She doesn't particularly want numbers assigned to things, she doesn't care about that at all. She takes a high level of responsibility. So I trusted her as a client to have good births and healthy babies and just to be somebody that could have the attitude that she did.

At one of her births, I came into the room and I was setting up a few supplies because I know with her, her pattern is to get me there a short while before the baby comes. So I was kind of putting out a few supplies, herbs and remedies that I know I won't even need with her, but it's my routine, so I put out all this stuff. And I had a little birth stool over there and some blue pads and had this whole little setup going for her. And she was standing in the middle of the room unsupported, nobody else was there – and she was just standing in the middle of the room, swaying.

> Little newborns when they come out are just amazing in their clarity. They do gaze into their mother's eyes usually, if you have the baby at the breast. They clearly respond to both parents' voices.

And then at one point she just started to breathe a little differently. It was an out-breath and she says "Baby's coming" ever so softly. That got my attention and I said, "Do you mean now?" and she didn't answer me, she just kind of breathed again, like an exhalation. So I went over there and I lifted up her gown. She's standing, free standing, in the middle of the room, and the baby's head was crowning. So I caught her baby, then I put the baby to my chest at that point because I've got this gown and the umbilical cord and I'm trying to kind of unwrap it all to hand the baby back to her. Then she's standing there holding the baby and she's just very blissful and she starts singing to the baby. She's just still sort of swaying and she's got her baby now. It was very gentle and peaceful, but I got all fluttery (laughs) like, "Oh, oh, my goodness. That was fast."
RS: There's nothing for me to do here…
Brennan: Exactly. So I'm getting these blue pads over on this little stool and I'm thinking, "Well, her placenta is going to come and she's standing in the middle of the room, holding this baby." And so I start trying to shuttle her over there. I'm saying, "Would you like to sit down?" and she's singing to the baby. She pretty much ignores me and I'm still trying to kind of fuss her over to this corner I have going. And finally I said, "You know, I would really like you to sit down."

And she looks at me and she pats me on the shoulder and she says, "I know you would." (all laugh) And then I thought about my behavior and thought, "Why do I want her to sit down?" Because it's some preconceived notion that we all have about what birth should be and the limitations on it and what women need and just trying to impose that on people. And what she was just teaching me was, "Well, hey, guess what? It's not about you" (laughs) and "I don't really need to sit down right now" obviously (all laugh) and I had a good laugh at myself, realizing that it was pretty silly. I actually think she did go sit down, but it was like she was doing it for me as opposed to something that she really needed.

Photo by Linda Lawson

Patty Brennan teaching palpation skills to midwifery students. Pam Maturo, who is a midwife herself, gave birth 1 week later to a healthy baby!

I think that a lot of that type of intervention happens at birth in all kinds of settings, where we try to control it and mold women – ever so subtly or not so subtly – into how we think they should be doing it, instead of standing back in awe as a witness to a sacred event.
RS: What you're saying is very profound actually, the description of her birth. It's a deep reminder of exactly what you're saying, that there is no right way, there is no perfect birth or they're all perfect births.
Brennan: I think a really skillful midwife gets out of the way and realizes it's not about her. In a way we're like chameleons to a certain extent, that we try to fit in around the couple and their style of doing it. Some people will need a lot of guidance from you, but for others it's insulting to give them that much guidance. They don't need it. They just want somebody that they know can help them if there's a problem and who for the most part, won't ruin their birth with unnecessary…
BZ: …interventions.
Brennan: And interventions can even be, when you talk about spiritual or more subtle stuff like what we're talking about right now, could be just blurting out what sex the baby is. She'll integrate that when she's ready. In my midwifery class last week I said to people, "You know what I'd really like to do for an hour in this class, have an hour of the training be?" Us all sitting here, sitting on our hands (laughs). That's your training.
BZ: Are midwives born or are they made?
Brennan: I think the good ones are probably born midwives. There are certain qualities that I don't think you can teach somebody. You can teach the skills of checking dilation and what herbs to use – that part's easy – but if someone doesn't have the right sensitivity level or the kind of intuitive grace to work with people in awareness, without their ego needs for being heroic or whatever getting in the way – I don't know that you can teach that.
BZ: Why use homeopathy in pregnancy and childbirth?
Brennan: Because it's the ideal medicine for pregnant and breastfeeding women and really anybody, in my opinion. I think it's one of the most well-kept secrets of health care, that homeopathy is as effective as it is. It's safe because these medicines don't get in the mother's bloodstream or her milk supply. The effect is vibrational or energetic in nature.

Homeopathy works by way of stimulating the individual's vital force to bring about a state of balance. The person will either resonate to the frequency of the remedy that you're giving them or they won't. So the worst that could happen is that you see no response and in other instances you witness miracles. I remember a woman who, during two previous pregnancies, suffered from repeated vomiting for months to the point of hospitalization for dehydration on several occasions. When nausea and vomiting began in her third pregnancy, she sought a homeopathic cure with excellent results. I've seen a couple cases of just that particular situation and overall good results in the treatment of morning sickness.
BZ: Were you self-trained in homeopathy?
Brennan: Pretty much, yes. I've taken programs through the mail and done a lot of reading and studying and working on cases. I felt incredibly drawn to the subject and found it endlessly fascinating.
BZ: Are you occasionally disappointed by what it can't do?
Brennan: I'm disappointed by my own lack of skill at figuring out the right choice, but I've never been disappointed by homeopathy. In those cases, I seek more skillful care if I can't figure it out. I really don't think the limitations are in the system, but in the skill of the practitioner.
BZ: Who are you trying to serve in offering classes through your Holistic Midwifery Institute?
Brennan: Aspiring doulas and midwives, and any health care practitioner who desires training in the use of holistic therapies during the childbearing year. Eventually I'd like to provide CEUs, or Continuing Education contact hours for nurses. In addition to professional trainings, we offer classes for parents in Holistic Childbirth Preparation, Homeopathy for Children, and Vaccine Choices. And the idea is I am informing people about the safe use of herbs, homeopathy, and more. There are other modalities as well, such as moxibustion, from traditional Chinese medicine, which is known to turn breech babies. That's even been written up in the *American Journal of Obstetrics and Gynecology*.
RS: Do you want to describe what moxibustion is?
Brennan: Moxibustion is the burning of an herb called mugwort that's formed into a little cone shape, onto a specific acupuncture point. In this particular case, you can use it on a uterine point and it's known to stimulate the breech babies to turn. There's been research evidence that establishes this practice as effective, although in China they've been using it for years and they know it's effective without western research studies (laughs). So what I do is integrate a variety of healing modalities including reflexology, flower essences, therapeutic yoga poses – I've been a yoga student for over 15 years.

> It's interesting to me that when I look back on my adult life, the times when I was most peaceful was when I was breastfeeding. I'm sure that a lot of it has to do with these hormones that are flowing that help you just be really relaxed. Recently, I had this insight that perfection had been achieved …when I was breastfeeding.

BZ: Is your goal for the curriculum for the Midwifery Institute to give aspiring midwives a broad range of philosophical points of view about midwifery or really to put forth, in a sense, what's developed as your philosophy of midwifery?
Brennan: What I do is provide a model, one model. It's a non-medical model that uses these different holistic approaches. Then students need to be trained by apprenticeship. And they need to do a lot of self-directed study as well.

Our training is just one component, but it does provide the basic framework.

BZ: So somebody wouldn't come to the Holistic Midwifery Institute and simply by attending your classes become a midwife at this point?

Brennan: Hopefully not. I can't control what somebody would do, but I would never encourage such an approach. Twenty years ago we didn't have people to apprentice to, so then it was just feeling called and an act of faith to go out and do it. That is no longer the case.

BZ: Is there a common law standard about the number of years people should apprentice or the number of births?

Brennan: The certification processes that have been set up I believe state 70 births as a minimum. Maybe it's 70 all together and I'm going to guess 30 as the primary midwife.

BZ: So the Holistic Midwifery Institute, in a sense, is a piece of their education.

Brennan: Yes and it's one model of homebirth practice. If a nurse midwife, for example, wanted to attend homebirths, our training could provide her with a context for how to address concerns more holistically in that setting.

RS: You might want to think about whether or not there's something you'd like to add that we haven't touched on, that you think is important for people to know.

Brennan: I'd like to say a little more about the midwifery model of care which doesn't have to be applied just by midwives. Physicians can, and some do operate within the midwifery model of care. It's a philosophy of care, where prevention of problems is emphasized.

When people ask how could homebirth be safe, it's safe because first of all birth is not an emergency waiting to happen and pregnancy is not a disease that's cured by the birth of the baby. For the most part, it's a normal, healthy event. And if given the proper support and nourishment, both through the pregnancy and the birth process, birth is also safe and things proceed normally. I think I've emphasized enough about just keeping hands off and not messing with the natural unfolding of the birth.

The midwifery model of care emphasizes the importance of nutrition, information, and education during the prenatal time. It emphasizes presenting women with a full range of choices and options, that every woman should have her choice of birth attendant and place of birth. It supports the notion of keeping mom and baby together after the birth, to not take the baby away. A lot of time that gets interpreted today in a hospital setting as the baby's in the same room, but he's in a warming unit on the other side of the room while non-essential routines are being carried out. But non-separation really means non-separation, the baby stays right on mom and anything that needs to be attended to can be done at the bedside. And the midwifery model of care promotes breastfeeding.

An example of a medical model approach rather than a midwifery model might be the woman comes in for prenatal care – and this actually happened with the younger sister of one of my clients. She was considered high risk in that she was 17 years old and we know that teenagers, as a group, have a disproportionate number of premature and low birth weight babies. These are common problems in this age group because typically they don't eat enough quality food. So she's at a certain point in the pregnancy and they're concerned about the size of her baby. They tell her that her baby may be growth retarded and if this continues they may need to do a Cesarean to get the baby out, because basically they can do a better job of growing the baby on the outside than she's doing. So she's 17 years old, she hears the word "retarded," she goes home. She's not given anything to do about the problem. She was literally given no advice. And so she just goes home with a feeling of fear about what could happen. It all feels like it's out of her control and she's just the victim of what's going to happen next.

In the midwifery model of care, time is devoted to empowering women and on prevention. It never ceases to amaze me when I hear stories like that. They didn't talk to her about diet? I had another client, similar type of situation, who was told to eat more ice cream. That was the sole and complete nutritional advice she got to prevent growth retardation – to eat more ice cream. So a large part of what I do in my classes is focus on what you can do preventatively because so many problems can be prevented. Complications don't happen in a vacuum. A lot of people just think it comes out of nowhere and "Oh my God, I hope that doesn't happen at my birth." Complications are the end result of choices that were made earlier, and so that's part of that connecting the dots again, and we've come full circle.

I work to help people make better choices during pregnancy, so then their outcomes can be better. I believe that midwives and doulas can really have an impact in this area. Most of prenatal care in a medicalized setting is too rushed, so women don't get the information they need about nutrition and other issues. Whereas I have a whole section of a lending library that's just cookbooks, for goodness sake!

Trying to really enable people, and if their diets are horrible, not just hand them some food list that has already proven ineffective. To sit there and really discover with them why they don't eat better, why it's hard for them to get fresh fruit in the house, what the obstacles are, and then work with women. That's how midwives work in the midwifery model, they work with really understanding the whole woman and what the obstacles are so that they can help her overcome that.

RS: There was something else you wanted to tell us too.

Brennan: Yes. The Institute offers a program called Doulas Care, which is a volunteer labor support program. We require that student doulas attend five births in order to be certified, so I conceived this program as a means for doulas to get experience and make a contribution to their communities. We've done a lot of outreach to social service agencies, social workers in hospital settings, nurses in clinics that see women prenatally, and anybody in the community who'd be in a position to refer to us either pregnant teen moms, low-income women, or basically anyone who needs extra support during her pregnancy and can't afford to pay for it.

The Holistic Midwifery Institute just received a grant from the Michigan Women's Foundation for $4,500 to help with this program and to help train more doulas, to actually pay some scholarships for low-income women who would like to be doulas themselves to take the training. I plan to pursue more avenues like that so our role in the community will expand beyond the educational programs to impact social change. And that also includes the mothering arts support group that is a drop-in time for moms and babies, the lending library, our ever-expanding community resources section, and our doula/midwife referral network.

RS: You've covered a lot of ground articulately. Thank you.

Brennan: Oh good (laughs).

BZ: Yes, thank you very much.

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Midwifery in Ann Arbor~ An Interview with U-M Nurse-Midwifery Asst. Professor Jeanne Raisler

Jeanne Raisler has been a nurse-midwife since 1976. She is an Assistant Professor in the Nurse-Midwifery Program at the U-M School of Nursing, where she teaches midwifery and conducts research about breastfeeding and midwifery care. She is an Associate Editor of The Journal of Midwifery & Women's Health, *and has written many articles about midwifery care for this and other journals. She is the Chairperson of the Division of Research of the American College of Nurse-Midwives.*

Jeanne and her husband, Jon, live near Hunt Park in Ann Arbor. They have a son, Josh, who is a peace and social justice activist, and a daughter, Josina, who runs cross-country and is an active member of Students for a Free Tibet. We met at her office in the Nursing School, housed on North Ingalls in the old St. Joe's building. Jeanne is a serious, respected and circumspect academic, but all of that is softened greatly by her hippie roots and warm, youthful voice.

Bill Zirinsky: Jeanne, would you talk about what you do here at the University?

Jeanne Raisler: I'm a nurse midwife and a teacher in the Nurse Midwifery Program, in the School of Nursing. Here at the U of M we have both a midwifery school and a midwifery service. The midwifery service has 9 certified nurse-midwives (CNMs), who provide full-scope midwifery care to their own caseload of patients, and attend 50-60 births a month. Our school offers a Masters of Science in Nursing for RNs to become midwives. It takes 2-4 years to complete the Program, depending on how full-time the student can go. Most students continue to work while they're in school, usually as labor and delivery nurses. And when they graduate, they go into practice, throughout Michigan and all over the country. In many cases, they set up new midwifery services. One of our greatest pleasures is that after a few years, our former students often become our clinical preceptors, and they start teaching our students the hands-on aspects of midwifery care.

Bill Zirinsky: How many students are in the program at a given time?

Jeanne Raisler: We have two classes learning at once. The first year clinical begins with primary health care and well woman care, including gynecology and well woman care. Then the students learn the theory and practice of prenatal care. The second year focuses on labor, birth, postpartum and newborn care. There's an intensive course on management of high risk pregnancy and childbirth, and the final semester is Integration, in which the student works as an apprentice in a full scope midwifery practice, and puts all the knowledge and skills together. These courses form the heart of our clinical program. They also have many other courses, like reproductive physiology, research, and professional issues.

Bill Zirinsky: And how many nurses are in the program at a given time?

Jeanne Raisler: At the moment, we have seven in each class, and we'd be happy to admit more well qualified students.

BZ: I see. Are there a lot of certified nurse midwifery programs around the country?

Raisler: There are 47, mostly located in major universities. Most are masters degree programs, and a handful are certificate programs. Three are distance learning programs, and at the University of Michigan, we are getting much more involved with web-based learning, and putting our courses on line.

BZ: That's a helpful statistic in terms of understanding the degree to which nurse midwifery is being taught around the country. To understand a little bit more about the evolution of these programs around the country, and I'm not asking you for a specific number, but 20 years ago, if there are 47 now, would there have been five then or 20 then? Give me a sense of the evolution of these programs at higher learning centers around the country.

Raisler: There's been a very rapid growth in midwifery programs in the past 20 years. I think that the number of programs has about doubled.

Bill Zirinsky: Do you have any idea of how many children are being born with nurse midwives in the Ann Arbor area?

Raisler: About 50-60 a month at U of M Hospital, and another 10-15 at St. Joe's, which has 2 nurse-midwifery groups, in collaborative practice with physicians. Those are the IHA nurse-midwives, Cheryl Bachman and Jennifer Cartwright, and the nurse-midwives in the Leland Fleming group, Elaine Cole and Kate Jones. So, there are about 60-75 nurse-midwife-attended births each month in Ann Arbor area hospitals. That's between 700 and 900 births each year, so you can see that midwifery is well accepted and strong in this community. At the same time, I am continually surprised to meet folks in Ann Arbor and around Michigan who don't know what a nurse-midwife is, or that midwifery care is available in their area. Because there are 218 nurse-midwives in 81 nurse-midwifery practices around the state. We're in Detroit at Hutzel Hospital, Henry Ford and Providence; in Saginaw at Covenant; in Adrian at Bixby Hospital; in Jackson at Foote Hospital, in Flint at McLaren, in Bay City at Bay Medical Center, and even up in the UP, Jodi Lori and Mary Dent have a practice in Marquette. Midwives are in all these places, and other places, too.

Bill Zirinsky: Do you know the percentage of babies born in Michigan who are delivered by nurse-midwives?

Raisler: Nurse midwives are attending about 6% of Michigan births, and that number has been rising every year since 1980, when Jan Wery established the first nurse-midwifery practice at Hutzel Hospital. And now we practice in a variety of settings, including University medical centers, community hospitals, independent practices, collaborative practices, a birth center and a home birth practice.

BZ: Are you are a midwife?

Raisler: Yes, I've practiced and taught midwifery since 1976. I'm from New York and I spent a lot of time practicing there, at Downstate Medical Center-Kings County Hospital in Brooklyn. I also practiced in San Francisco, Mozambique, and Baltimore before I joined the faculty at U of M.

BZ: When were you in Mozambique?

Raisler: The first time was from 1980-82, and I've been back 3 times since, most recently this past summer. From the time I was a student nurse-midwife, I wanted to work in a developing country, and my husband, Jon, who was a medical student, shared this dream. But we waited several years after we graduated, because we wanted to develop more skills and knowledge so that we could make more of a contribution. And we knew that much of our work would be teaching. Then we learned about Mozambique, which had recently become independent.

BZ: From Portugal…

Raisler: Yes, it had been a Portuguese colony and fought a war of independence, and became a socialist country pretty much overnight. The new government created a system of free education and health care, which they wanted to make

Electronic fetal monitoring was sweeping the country, and most women were confined to bed so that they could be monitored. The bag of waters was routinely broken to speed labor. Women labored in one room and gave birth in another. All day the stretchers careened down the hall, carrying frightened mothers who were trying not to push, while the attendants shouted: "DELIVERY!!!".

…Within this environment, midwives struggled to implement a series of shared beliefs that we held to from reasoning, reading and instinct: That labor would be better coordinated if the mother was up and moving. That if the water bag remained intact, the cushioning amniotic fluid would protect the infant from fetal distress. That women who received a crash course in labor physiology, breathing and relaxation during the first stage would be less anxious and better able to cope with their contractions…

available to all the people, out in the most remote villages as well as in the cities. Until the very last years before independence, Africans hadn't been allowed into the medical schools. Almost all the doctors were Portuguese or South African, and after independence they exited en masse. Over a 6 month period, the number of doctors in the country dropped from 600 to 50. And that was true in all the professionals; they left. So Mozambique began a program of recruiting cooperantes, international collaborators who were midwives, doctors, teachers, engineers from all over the world to practice their professions, teach their skills to Mozambicans and pass on their knowledge. Cooperantes came from Tanzania, Zambia, Sweden, Holland, Brazil, Cuba, Italy and many other countries. And a very few came from the United States, and we were so lucky to be part of that.

BZ: You had become a nurse midwife and you went to Mozambique to work for a while.

Raisler: We went on a 2 year contract, that was the minimum time they would take you, they felt it would take that long for you to learn about the culture and the work, and make a meaningful contribution. We worked directly for the Ministry of Health, which supplied us with jobs, housing and a small salary..

BZ: It must've been an interesting and meaningful time in your life.

Raisler: It was a wonderful experience, very intense. I practiced and taught midwifery and worked as a maternal & child health supervisor in the Health Science Institute in Quelimane, the capital of Zambesia Province. One day a week I went into the countryside in the hospital's land rover, to train and support traditional birth attendants and midwives in small maternities outside the city. Those pictures on the wall are from Mozambique. In the bottom picture you can see me, much younger, in the lab coat.

BZ: Right here?

Raisler: Yes. And the women weighing the babies and writing on the charts are student nurse midwives. We're conducting an Under Fives Clinic, which is an important health activity all over the developing world. Babies and children receive growth monitoring and vaccinations, and their moms receive health education. Vaccinations are so important in developing countries, because infections diseases take a terrible toll on the population. You often see

The labor is progressing well, then the mother gets an epidural, and labor spaces out. Often, the answer to this is to stimulate the labor with Pitocin. And when the time comes to push, the mother may have difficulty, because she's anesthetized, and she can't feel the powerful stimulus of the baby's head coming down in the birth canal. So she may need "help" from a vacuum extractor or forceps. One intervention leads to another. These are things women need to know, so that they can make choices. It's not fair to keep them under the impression that the epidural has no consequences.

people crippled by polio, and children regularly die of measles, which is a much more dangerous disease in a child who is malnourished and debilitated than it is in a healthy child. You see this baby on the scale ...

BZ: The baby in the photograph?

Raisler: Yes. He's wonderfully fat and healthy, and the students are learning to plot his weight against his age on the Road to Health growth chart. If the point where these intersect falls within this dark part of the growth curve, that's normal, and the baby is on the Road to Health. But if it falls below, the baby may be malnourished and need a supplemental feeding program. The time of greatest risk for malnutrition is when the baby is weaned, because there is often a lack of nourishing foods, and artificial milk is very expensive and rarely available.

BZ: The infant formulas were very expensive.

Raisler: Yes. Back then, when Mozambique was a socialist country, foreign infant formulas were not allowed to be imported. There was also a formulary of essential drugs, which was decided by the Ministry of Health. Foreign pharmaceutical companies could not come in and flood the market with their excess, inappropriate drugs to make a profit. But by the 1990s, a combination of guerrilla war, drought and floods brought the government to the point where they had to accept aid from the International Monetary Fund and the World Bank, and part of the conditions imposed was that

Photo by Jeanne Raisler

This photo of a homebirth was taken in 1971 by Jeanne Raisler, who was then a young reporter and photographer for the *Berkeley Tribe*. The photo appeared in the 1972 edition of *Our Bodies Ourselves*.

Mozambique had to open its borders to penetration by multinational corporations. So today, you can find a lot of infant formula in Mozambique, although it is still costly.

BZ: That's interesting.

Raisler: Yes, it was all very interesting to me, too. It was there, in Mozambique, that I really became interested in breast-feeding, and that became an important focus of my work when I came back to the States, and later it became the focus of my research. In 1984, we came back to Kings County Hospital in Brooklyn, which serves a poor, ethnic minority population. And it was so striking to see how few of the American-born mothers there were breastfeeding. That's when I started on the path of breast-feeding advocacy and research.

BZ: So that's an area where you've done a lot of research and teaching over the years – breast-feeding?

Raisler: Yes. And in every hospital where I worked, we would form a breast-feeding committee of nurses and doctors, and try to make the atmosphere more breast-feeding friendly. This was long before the days of lactation consultants and the Baby Friendly Hospital Initiative.

Years later, when I was doing my doctoral thesis at Johns Hopkins, in the School of Public Health, I used a national data set, with almost 10,000 mother-baby pairs, and analyzed everything the babies ate and all their reported illnesses and sick doctor visits for the first 6 months of life. My dissertation committee challenged me to show that breastfeeding really made a difference here in the United States, where we have clean water, access to health care and readily available infant formula.

So I studied the health benefits of breastfeeding, using a dose-response model. My hypothesis was that the more intensively the baby was breastfed, the less illnesses it would have, because a higher dose of breast milk would give greater protection against infectious diseases, especially gastrointestinal and respiratory illnesses, including ear infections. And to my great joy, that turned out to be the case. The findings were strong and significant, and they were published in the *American Journal of Public Health.* I received correspondence from all over the world about the study, and the messages that made me happiest said things like: "I'll be able to use this information to lobby for more funds for our breastfeeding program."

BZ: I can understand that, yes. That's important research.

Raisler: Then when I came to Michigan, since I had been working so long with statistics and a large data set, I wanted to do breastfeeding research with people. So I went to the WIC program, to find out what they were doing with breastfeeding.

BZ: Women, Infants, Children?

Raisler: Yes. It's a federal government food program that helps poor women and children with food coupons and supplemental food. WIC is strongly pro-breastfeeding, and they have a wonderful breastfeeding peer counselor program. These are women from the mothers' own communities who have breastfed and been trained to help other nursing mothers. They work in the WIC clinics and make home visits. They carry beepers and the mothers can page them, whether they're at home with a breastfeeding baby, or engorged or sore, or afraid that they don't have enough milk. And the peer counselor will come out to their house, and work with her to solve the problem. My latest research project was doing focus groups with breastfeeding mothers who I met through the peer counselors, WIC mothers from Detroit and rural Michigan, who were breastfeeding successfully. In the groups, mothers talked about their experiences of breastfeeding care in the health system – during prenatal care, birth, the postpartum period and beyond. They spoke eloquently about how the health system helped them or created barriers at each point in the process. I really enjoyed doing the study, which was published in the *Journal of Midwifery & Women's Health.* It felt like a way to share the mothers' suggestions with midwives and other health workers.

BZ: It sounds like that for a good part of your career you've been involved in a process of helping to foster the evolution of midwifery and of more breastfeeding and of some appreciation for alternative modalities...What caused you to want to be a midwife?

Raisler: When I graduated from college in 1968, I went to Berkeley, California. Like so many other young people, I was passionately against the Vietnam War, and for civil rights and social justice. So I went to work on an underground newspaper (that's what we called alternative newspapers back then), as a reporter, photographer, and member of the editorial collective.

BZ: What was that underground newspaper?

Raisler: The *Berkeley Tribe.* I lived in the newspaper's collective house and we were part of the community that we wrote about, which consisted of hippies, community organizers, and antiwar activists. I was happy and involved. And then a woman that I knew who was pregnant asked me to photograph her birth, which she was planning to have at home. I didn't know anything about birth or midwifery, I just went to take the photos. A doctor friend of the couple was supposed to attend, but he was delayed, and the mother's support people ended up delivering the baby. It's scary to think now of how unprepared we all were, but the birth was straightforward, and all went well. In fact, I brought a picture from that birth to show you.

The photo was in the 1972 edition of *Our Bodies Ourselves.*. Witnessing that birth made a powerful impact on me, and within a short time, I decided to become a midwife. When I found out that I would have to go back to college to study nursing I was not too happy, because I had already graduated, with a BA in philosophy. But I went through the whole process – nursing school, working for a year as a labor & delivery nurse, and then midwifery school at Columbia University – to gain the knowledge and clinical experience, and to become licensed.. I wanted to be able to work in an institution, and serve women from all walks of life.

BZ: So you knew that fairly early on, that you wanted to work with people from all walks of life, social and economic...,

Raisler: and most especially that I wanted to serve low-income women, and women who were not treated well within the health system. To help them achieve an experience of pregnancy and birth that was more positive and empowering. To do that, I needed to become a nurse-midwife.

BZ: That's very interesting to me. What you're saying is that the derivation of your commitment to working in institutions came out of that political commitment to serve lower-income women, not originally out of health concerns that somehow lay midwifery might not be serving women in some fashion.

Raisler: Right. The lay midwifery movement was just beginning at that time. There were important books like Ina May Gaskin's *Spiritual Midwifery* and Suzanne Arms' *Immaculate Deception* that were published, and that was very exciting. Nurse-midwives drew a lot of inspiration from that movement, and tried to apply what we could in the hospital.

Actually the path that I followed was pretty typical for nurse midwives in the 1970s....most of us did want to serve low income families, and to make childbirth more personal and natural, and to give the woman a voice and childbirth education and control over her birth. And in most cases, the hospitals where we practiced made this quite difficult, they were rather grim places to give birth. So we worked to make childbirth as good as it could be, within the structure and constraints that regulated us and the birthing women.

BZ: How would you describe those early years in terms of the evolution of nurse midwifery in those settings? What do you remember of that period?

Raisler: Well, I was in New York, the most enlightened state about midwifery. I worked at one of the oldest nurse-midwifery programs in the country, the Downstate Medical Center Nurse-Midwifery Program. There, at Kings County Hospital, we had strong physician advocates who understood what an important contribution nurse-midwives could make to the care of childbearing women. We had a large midwifery service, made up largely of midwives from the Caribbean, who had trained in Jamaica or Trinidad or Barbados, and then moved to Brooklyn. They were superb clinicians, who brought a very high standard of care to this rather chaotic inner city hospital. But outside New York, modern midwifery care was only just beginning. For example, when I photographed the home birth in California, nurse-midwifery was not legal there. Midwifery didn't come to Michigan until 1980. I was lucky to live in one of the few states where it was legal and growing.

> We try not to apply technology in a wholesale way, and to recognize the uniqueness of each woman's labor pattern. As long as the mother and fetus are tolerating labor well, the labor may not need to follow a textbook statistical curve.

BZ: Tell me more about what childbirth with midwives was like then.

Raisler: At Kings County Hospital, women were brought up to Labor & Delivery on a stretcher. They were shaved from nipples to pubis, on the chance that they might need a C Section. An IV was inserted in their arms, and they were given a large enema. Simultaneously, they were questioned about their obstetrical history. In those days it was revolutionary to allow your patient to get up and walk during labor. She had to use a bedpan rather than go to the toilet, and she was not allowed to eat or drink.

Electronic fetal monitoring was sweeping the country, and most women were confined to bed so that they could be monitored. The bag of waters was routinely broken to speed labor. Women labored in one room and gave birth in another. All day the stretchers careened down the hall, carrying frightened mothers who were trying not to push, while the attendants shouted: "DELIVERY!!!". The novice midwife had to learn to time that moment well: If you went back too early, the delivery room personnel would get annoyed with you for wasting their time. But if you waited too long, the mother would deliver on the stretcher! In the delivery room, the mother was placed in the lithotomy position, with her legs spread apart in stirrups. Sometimes her wrists were strapped into the thick leather cuffs that were attached to the sides of the delivery table. She was completely covered with sterile drapes and covers, with only a small opening left to expose her perineum. Hopefully her partner was with her, but that depended on the good will of the labor room personnel. For example, some only allowed him in if he had completed a series of childbirth classes. And no more than one companion was allowed to each woman in the labor and delivery suite.

Jeanne had become a Nurse-Midwife in 1976, and she and her husband, Jon Cohn, a physician, spent from 1980 to 1982 working in Mozambique. In this photo, Jeanne is shown at an "Under Fives Clinic" in the provincial capital of Quelimane.

Within this environment, midwives struggled to implement a series of shared beliefs that we held to from reasoning, reading and instinct: That labor would be better coordinated if the mother was up and moving. That if the water bag remained intact, the cushioning amniotic fluid would protect the infant from fetal distress. That women who received a crash course in labor physiology, breathing and relaxation during the first stage would be less anxious and better able to cope with their contractions. We saw how women suffered from being denied fluids by mouth, and I remember regularly palming little medicine cups of water and slipping them to my patients.

BZ: So women were not generally given anything to drink during labor? Why not?

Raisler: The nothing by mouth rule was put in place in the 1940s and 50s, to make childbirth anesthesia safer. At that time, if a woman received emergency anesthesia and had a full stomach, she might vomit and aspirate, and develop aspiration pneumonia. So on the chance that a woman would develop a problem, it was felt better to keep all women's stomachs empty all through labor.

By now, this issue of eating and drinking in labor has been studied quite a bit, by researchers who are trying to bring obstetric practices in line with evidence based care. And the evidence shows that anesthesia today is much safer and more controlled than it was 50 years ago, and the risk of the aspiration is pretty similar whether the mother's stomach is kept empty or not. So now it seems reasonable to allow women to drink and in many cases to eat during labor.

In this instance, the scientific evidence is validating practices that midwives have encouraged all along. But honestly, it can also be hard for midwives to put aside personal experience and custom and look at the evidence about a practice that we're attached to. A nurse or midwife may have worked in a particular hospital for a long time, and be wedded to the customs of that institution. Finding evidence that those customs are ineffective or harmful is unpleasant, and care providers are naturally resistant to that. It's just as important for us as for the physicians to be willing to put aside old habits and base our practice on evidence. For example, midwives have many ways of preserving the perineum from tearing during childbirth, including positioning the mother, gentle pushing, applying warm compresses or oils, and massaging or stretching the perineum. Some of these measures are probably more effective than others, and we are trying to understand about that now. This is a major area in midwifery research right now, and the answers are just starting to emerge.

BZ: Would you tell me what evidence-based care is?

Raisler: Up until recently, much of obstetric and midwifery care was based on custom, personal experience, anecdotal information, fear of lawsuits, and the preferences and directives of powerful obstetricians. Evidence-based care is a movement that originated in the UK, with a group of biomedical researchers called the Cochrane Collaboration. They look at randomized controlled trials about medical care, to evaluate the evidence underlying health care practices. The Cochrane Group is especially strong in the area of pregnancy and childbirth, where they've produced more than 200 evidence-based reviews, with more coming out all the time...

They gather together all the good quality studies on a topic, and perform a kind of meta-analysis, to figure out the best practices for a particular issue. Some issues they have studied are: Do babies have better outcomes when the mother has continuous electronic fetal monitoring in labor? Should labor be induced when the water bag breaks before contractions begin? What's the effect of having a supportive companion in labor? Should breech babies be delivered by Cesarean Section?

BZ: Will you tell me more about some of the other evidence-based issues that come up with respect to midwifery?

Raisler: Continuous electronic fetal monitoring versus intermittent auscultation is a big issue. I mean keeping a woman in bed with monitor belts strapped to her belly or connected inside her, versus allowing her to be up and moving, and monitoring the baby's contractions manually and auscultating its heartbeat with a fetoscope or a handheld Doppler. Currently, more that 75% of women in the US have Continuous EFM during labor. EFM came into use in the late 1960s, and swept through the United States before there was good evidence that it produced better outcomes for mothers and babies.

> We want to serve women where they are, and today, most women aren't choosing home births and birth centers. Now part of that, of course, is that home birth practices and birth centers face extraordinary pressure, and many such practices that opened up in earlier times have been forced to close, for lack of physician back-up or malpractice insurance.

I vividly remember being a student nurse-midwife, and having a very well informed patient refuse the monitor, because she wanted to move about during labor. A parade of doctors came into the room, and made her sign an informed consent, saying that she knew her baby could die if she refused the fetal monitor. Now, 25 years later, we've had 9 randomized, controlled trials of EFM, involving almost 19,000

women. Reviewing them, the Cochrane Group concluded that EFM does not significantly improve the outcome of labor, except for decreasing neonatal seizures. On the downside, EFM increases the number of Cesarean Sections and operative vaginal births, especially when it is applied wholesale to low risk women with normal labors. The Cochrane Group recommends that woman and their caregiver discuss the risks and benefits of different ways of monitoring labor, and decide together whether she will have EFM or intermittent auscultation with a fetoscope or Doppler.

BZ: Why didn't it help?

Raisler: When labor is continuously monitored, there are several ramifications. The woman remains in bed, so she loses the benefit of moving and walking about, which keeps the labor stronger and better coordinated. So her contractions may slow down, and then they may be stimulated with Pitocin. In other words, lying down in labor with a monitor strapped on you may lead your labor to be more dysfunctional.

BZ: So it had a variety of ramifications.

Raisler: I do want to emphasize that all midwives monitor labor very closely. Monitoring the baby's heartbeat is our best way to know how the baby is doing during labor. It's just that we may prefer to use a fetoscope or Doptone, or put on the monitor at intervals, for short periods of time. We prefer to keep the mother up and moving around as much as possible. She may get a lot of relief from laboring in the tub or shower, as water is a powerful tool to decrease pain in labor. In that case we can put a plastic protector over the Doptone, and monitor the baby's heartbeat right there in the tub. We may follow her around while she's walking, to monitor the heartbeat. We go to where she is, and monitor her carefully while at the same time trying to let her labor freely and actively. And if problems develop in the labor, like fetal distress, we may decide to use continuous electronic fetal monitoring. If the technology is needed, we will use it. But we try not to apply it routinely to all women.

BZ: Will you talk about some other evidence-based issues that are important in understanding midwifery today?

Raisler: Pain control during labor is another issue that's very important to women and to midwives. Back in the 1970s there was a strong natural childbirth movement, and many women wanted to give birth without medication, awake and aware. At that time, the medications were much heavier and medicated babies were more likely to be born blue and depressed. Having a healthy, alert baby was an important reason that women preferred other coping techniques to medications then. Today, the medications have improved and epidural anesthesia is considered state-of-the-art, and often the idea is promoted that women can have it all: pain-free childbirth with no harmful side-effects.

Yet the evidence shows us that there are still some real concerns with anesthesia, including epidurals. Many high quality studies have demonstrated that epidural anesthesia is associated with longer labors and higher rates of operative deliveries, including Cesarean Sections, vacuum and forceps deliveries. The epidural relaxes the pelvic floor, where the baby needs to meet resistance in order to rotate and complete the mechanism of labor. With an epidural in place, the mother stays in bed, with an IV and continuous EFM. All these factors can slow down labor. Not in all cases, but it happens quite often, as any labor and delivery nurse can tell you.

The labor is progressing well, then the mother gets an epidural, and labor spaces out. Often, the answer to this is to stimulate the labor with Pitocin. And when the time comes to push, the mother may have difficulty, because she's anesthetized, and she can't feel the powerful stimulus of the baby's head coming down in the birth canal. So she may need "help' from a vacuum extractor or forceps. One intervention leads to another. These are things women need to know, so that they can make choices. It's not fair to keep them under the impression that the epidural has no consequences.

BZ: So the epidural makes it more likely that the birth will be a birth with an extraction or a C-section or forceps?

Raisler: Yes. And there are other, less tangible factors to consider. The difference you see in a labor room when the mother is anesthetized, and she and all her support people are watching TV, not really focusing on the labor process, versus the unmedicated woman who is using all her resources to cope with labor, walking, and rocking, getting in and out of the shower, and being held and massaged and encouraged by her support people. The joy and strength that women feel when they give birth under their own power, rather than experiencing birth as a technologic intervention done to them. These things are hard to quantify, but most midwives believe they are important, for the mother, the baby, and the whole family.

BZ: What's the current thinking about Pitocin and its use or overuse?

Raisler: Good question. There's a dramatic increase in induction or stimulation of labor with Pitocin, prostaglandins and other methods, all around the country. The number of births that are stimulated or induced has increased exponentially in the past decade. About 18% of women have their labors induced or stimulated, according to the latest government figures.

> Nurse-midwifery has a rigorous system of quality control, certification and accreditation. That's how we gained a place within the medical system.

BZ: Why do you know that is? Is that because of the use of the epidural anesthesia?

Raisler: Many reasons, some more valid than others. The baby may be overdue (more that 2 weeks past the due date), or there may be indications that the baby is becoming stressed inside the uterus, and would be better off born. The mother might be ill with pregnancy-induced hypertension, for which the only cure is delivery. Epidural anesthesia may have slowed down the labor. Or labor may be induced if the bag of waters breaks before contractions begin. There are certainly valid reasons to induce or stimulate labor, and midwives will do that when necessary, just like we will put on the fetal monitor or give pain medication. But we try not to apply technology in a wholesale way, and to recognize the uniqueness of each woman's labor pattern. As long as the mother and fetus are tolerating labor well, the labor may not need to follow a textbook statistical curve.

BZ: Even though more and more women are opting for a nurse midwifery birth, it's still only 6% of the births. In the rest of the population the inclination is to go with the epidural anesthesia, or to go with inducing labor, yes?

Raisler: You know, women who give birth with nurse midwives do use anesthesia, although they use it less than other women who give birth in hospitals. But even with midwives, the rate of epidural anesthesia is rising, and that is a subject of some debate within the midwifery community.

BZ: Will you talk about that a little bit? That's very interesting. You alluded to this even in our initial phone conversation.

Raisler: One cornerstone of our practice is respect for women, and another is respect for evidence. Regarding all the childbirth interventions that are being practiced today, this can be a dilemma. For example, if the data show that epidurals can slow labor and make operative birth more likely, and if mothers still want the epidural, to avoid pain, that's a dilemma, isn't it?

BZ: Yes. And I would think you'd have to first respect the wishes of the mother-to-be.

Raisler: It's complicated. Yesterday I listened to a very interesting presentation by my colleague, Dr. Seonae Yeo, a teacher and researcher here in the school of nursing. She was reporting on the experiences of Japanese women who receive prenatal care at a special University of Michigan clinic designed to be sensitive to their needs. She said that in Japan, women receive an ultrasound at every prenatal visit. Here in the US we offer women one ultrasound at 18-20 weeks gestation, to screen for fetal anomalies, and only do more if there seems to be a problem. We don't think that serial ultrasounds are helpful or necessary. And Seonae reported that the Japanese mothers at the U of M clinic were concerned about this; they felt that they were not getting good care if they did not receive the ultrasounds at each visit.

BZ: They viewed the U.S. standard of care almost as if we were a Third World country?

Raisler: Maybe. So this is a dilemma. If your patient believes that technologic interventions equal good care, and the evidence shows that a particular technology is unnecessary or perhaps even harmful, it becomes very complicated. I guess all we can really do there is just keep talking with the mothers, working to understand their preferences and choices about care, and sharing our own understanding about evidence-based childbirth, and what constitutes best practices for a normal, healthy birth.

BZ: You used the word, in terms of talking about ultrasounds, helpful. Can they be not helpful? Can they be unhelpful?

Raisler: Most certainly. Let me give you an example. In my last job, at a large Catholic hospital in Baltimore, we got a new chairman of obstetrics who was a very liberal believer in ultrasound. Overnight, the number of ultrasounds that pregnant women received jumped from 1 to between 3-5.

I remember one patient, who was doing everything possible to have a healthy pregnancy. She was a real pleasure to work with because she was so motivated. She went for her first ultrasound, and the ultrasonographer thought there might be an echogenic cyst in the baby's abdomen. He wasn't quite sure. So the patient was scheduled for a second ultrasound, and then a third and a forth. Each time the findings were different, perhaps it was an artifact, a shadow, no one was sure....the woman ended up having 6 ultrasounds, and she became more and more distressed. The pregnancy changed from a happy experience to a fearful one, she was so worried that there was something wrong with her baby. Her physical exams and the baby's heartbeat were always normal.

When she went into labor, I was lucky to be on call, and to attend her birth. She had a lovely, natural labor and her baby was born beautiful and perfect. But when I laid him on her abdomen and showed her how wonderful he was, she couldn't believe it.

BZ: She couldn't believe she had given birth to a healthy baby?

Raisler: Right. She was sure there must be something wrong inside him, which she couldn't see, because so many ultrasounds had planted such a strong doubt in her mind. So I did something I had never done before, I took her and the baby over to the Neonatal Intensive Care Unit, and explained the whole situation. I told the neonatologist that she would not be reassured until he performed an ultrasound of the baby's abdomen, and showed her that it was normal. Which he did, and then she was able to relax. So that's an example of how we can create severe anxiety with the overuse of technology.

BZ: I sensed you were treading a little carefully in this area, as you answered the question. Are a lot of these delicate issues within the medical system?

Raisler: Yes. All of the issues we've been talking about—pain control, electronic fetal monitoring, antepartum fetal assessment with ultrasounds and other technologies—there are many different views on how to use these things appropriately. And these are all major issues for nurse midwives who are trying to walk a line of rigorous, safe care combined with compassion and empowerment of women. We are trying to create a low tech, high touch model of birth in the hospital. Because after all, that's where 96% of US births happen.

BZ: You said 96% of the births in the U.S. are in hospitals. And the rest of them, most of them are in birthing centers?

Raisler: Ninety-six percent are in hospitals, 3% are in birth centers and about 1% take place at home. That's why most nurse midwives are working in hospitals, although many of us would love to practice in a birth center or in a home birth practice. And certainly nurse-midwives are leaders in the out of hospital birth movement. But we want to serve women where they are, and today, most women aren't choosing home births and birth centers. Now part of that, of course, is that home birth practices and birth centers face extraordinary pressure, and many such practices that opened up in earlier times have been forced to close, for lack of physician back up or malpractice insurance.

BZ: Are doctors usually associated with those birthing centers?

Raisler: There are doctors who do home births and birth center births, yes. And nurse-midwives always have a collaborative relationship with a physician, so we can get immediate assistance if there is a problem in labor that requires a cesarean Section or other physician intervention. Birth is normal most of the time, but it can change in a minute, and a baby or mother can go into distress and need emergency interventions, and you've got to be prepared for that, wherever you are. If you're out of hospital, you've got to be able to pick up the phone and say: "I'm bringing this mother in now, set up the room for a C-Section." There's got to be trust and a collaborative relationship with a physician and a hospital so that can happen.

BZ: Is nurse midwifery still illegal in some places in the country?

Raisler: No, nurse-midwifery is legal in all 50 states now.

BZ: And is lay midwifery legal in all 50 states?

Raisler: The legal situation of lay midwifery is complicated. My understanding is, that it is legal in 17 states, and that in 8 other states the laws are vague or inconsistent. In Michigan, lay midwifery is legal and unregulated, and lay midwives can practice without a license, their work is not

Photo by Linda Lawson

Pictured (from left to right): Dr. Seonae Yeo, a teacher and researcher in the U-M School of Nursing; Trinka Robinson, a student bringing midwifery to the Muslim community; Jeanne Raisler.

considered practicing medicine or nurse-midwifery without a license. And there seems to be a thriving lay midwife community here, more than I've seen anywhere else that I've practiced. I would like to know more about that, and I'm sure Patty Brennan or Mickey Sperlich could tell us.

BZ: When you say lay midwives, is that the same as direct entry midwives?

Raisler: There are so many different terms to describe different kinds of midwives, it's very confusing, isn't it? I'm a CNM, a certified nurse midwife. So are all the other Michigan midwives who work in hospitals, clinics, and medical offices. That means we went to nursing school, and then to a nurse midwifery education program that is accredited by the state and certified by the American College of Nurse Midwives. When we graduate from midwifery school, we take a national certification exam, which we have to pass in order to become licensed. We also participate in a national continuing education program, to keep our skills and knowledge current. So you can see that nurse-midwifery has a rigorous system of quality control, certification and accreditation. That's how we gained a place within the medical system.

It has been a long struggle, and it's still going on, nurse-midwives in many states are still fighting for hospital privileges, the authority to write prescriptions, and the right to be reimbursed by health insurance companies. But we have come a long way. At a certain point, it became clear to most health policy makers and to many physicians and hospitals that our standards were so high and what we were offering was so…

BZ: Solid.

Raisler: So solid that we have been able establish ourselves within the health system. And we're growing every year, and attending more births. When I started out in 1976, we were doing less than 1% of US births, and now it's up to 7%. That's still not a lot compared with Europe or the rest of the world, where the midwife is the lead professional for normal childbirth. But we're gaining ground.

BZ: What about direct entry midwives?

Raisler: To make things even more complicated, 'direct entry midwife' is a term that can be applied to 2 different kinds of midwives. It's a common term for lay midwives, to signify that they came directly into midwifery, bypassing nursing and nurse-midwifery school. Although there are certainly registered nurses in the lay midwifery community. And there are also education programs now, the most well known is the Seattle Midwifery School, which I've heard is a rigorous, 4 year program for lay midwives in the state of Washington.

Then within nurse midwifery we have recently started a path for direct entry midwives, for students who are not nurses to enter directly into a nurse-midwifery education program. This new program is at my old workplace, Downstate Medical Center, which is now called the State University of New York Health Science Center in Brooklyn. With the encouragement of the American College of Nurse Midwives, they began this program in 1996. The direct entry students have to have a strong science background and they take special additional courses in order to learn the skills that nurses bring to nurse-midwifery. And they are educated together with the student nurse-midwives, and take the same national certification exam.

From what I hear, the program is going very well, it's being watched with great interest within and without our profession. And of course because it's a pilot program, the first groups of students chosen have been exceptional people: some are scientists, or physician assistants, or very experienced lay midwives. They are entering the program with substantial credentials and preparation. It's very exciting.

BZ: So that direct entry midwife, after graduating from that program, will be able to…

Raisler: …She'll be able to sit for the national certification exam of the American College of Nurse Midwives.

BZ: Would she then be practicing in the hospital setting?

Raisler: Yes, she can practice anywhere a CNM can practice, as long as her state law allows it. At this point, though, many states stipulate that a nurse-midwife must have a nursing license.

BZ: So what about the lay midwives we were speaking about?

Raisler: Mickey and Patty know more about that and can explain it better than I can. The most obvious difference is that they are not licensed, so they don't work in hospitals or health care institutions, and so their practice is based in the community, and all the births they attend are at home.

In the past, many lay midwives were glad to remain outside the system. They had a well-developed critique of hospital childbirth, and also of nurse-midwives as being co-opted within the health care system. And many nurse-midwives agreed with this in part. The lay midwives or direct entry midwives created some wonderful opportunities for women to give birth at home, in joy and freedom.

Early on, in the 1960s and 70s, I don't think they were concerned about issues like licensure, accreditation, regulation, reimbursement, and acceptance by the medical establishment – all issues which have been so important to the growth and development of nurse-midwifery. Now, as time has passed, I am sure they too are grappling with these issues within their own networks and organizations. Patty and Mickey would know, and I'd really like to know more about their midwifery world. It's funny, how separate these 2 midwifery communities are, and how little we know about each other, here in Ann Arbor. I hope that can change. In the past, Patty and Mickey's partner, Merilynne Rush, have come to speak to our students about home birth practice, and I think we should have more exchanges like that.

BZ: I think it would be worthwhile for you to talk about physician care and midwifery care, and what makes midwifery care special.

Raisler: Great, that's something I love to talk about, and it's the other subject of my research. Nurse midwives, physicians and lay midwives all want the same thing: a good outcome for the mother and baby. But we have different ideas about how to achieve that. In general, the medical model sees childbirth as a potential disaster waiting to happen. So a structure and interventions are placed around the birth that are meant to detect and prevent potential problems. All the interventions we have been discussing were designed with this worthy objective, to assure a better outcome.

Nurse midwives don't reject technology, but we feel that it is needed in fewer instances, and we try to promote good outcomes using non-technological methods– most notably by educating women all along about how to have a healthy pregnancy and birth. And of course that includes good nutrition, not smoking, drinking or taking drugs, exercising in moderation, and gaining knowledge to approach childbirth wisely and fearlessly, so that the mother realizes that she has a lot of choices and input into how it goes. We also want to work with her partner and support people, because they can make such an important contribution to her well-being.

I mentioned to you before that a theme of our profession is: "Midwife: with woman for a lifetime." That has many meanings, including the fact that we care for women throughout the lifespan, from young teens to women long past menopause. It also signifies that we stay with the woman during labor, and offer her continuous emotional and physical support. If more women were well supported in labor, there wouldn't be so much call for epidural anesthesia. Because when a woman is left alone — or with a family member or friend who is almost as frightened as she is— and she's thrashing about and suddenly the anesthesiologist enters the room and says, "Would you like an epidural?" That's hard to refuse. But we midwives stay with the woman, and work with her. We may massage her, or suggest that she sit in the shower or tub. Water is such a powerful comforting tool, it can often give significant relief from labor pain, sometimes to the point where the woman can do without medication she thought she would need. Support, position changes, massage, different exercises, hands and knees position, rocking— this is all part of the art of midwifery care in labor. We try to inform women and educate them, work with them as partners in the pregnancy and in labor, stay with them in labor and respect their wishes. Most of us are very happy and enthusiastic when women bring in a birth plan. . Do you know what that is?

BZ: Yes, my wife, Ruth, had a birth plan for each of her births.

Raisler: We try our best to respect their wishes and work with them.

It has been a long struggle, and it's still going on. Nurse-midwives in many states are still fighting for hospital privileges, the authority to write prescriptions, and the right to be reimbursed by health insurance companies. But we have come a long way.

BZ: Jeanne, why did you choose to have your children at home?

Raisler: When my son Josh was born in 1977, I was working at King's County Hospital, which I described to you earlier. Even before I got pregnant, an older midwife – Betty Hosford, she's one of the mothers of our profession – got me thinking about home birth. One day she brought photos of her own home birth into labor & delivery, and talked about how wonderful it had been. I was amazed. I decided that I wanted a home birth, because I didn't want all the interventions; I wanted to be in charge of my labor, and I didn't want to fight about it. I had also been influenced by Ina May Gaskin's book *Spiritual Midwifery*, and *The Birth Book*, which was written by Raven Lang and the Santa Cruz midwives in the early 1970s.

So I had a vision that birth could be an entirely different process than the environment I was struggling in every day. Sometime later, a group of us were talking about home birth at the nursing station, and another midwife called me aside, into

an empty labor room. She knew I had recently married and she said, "If you decide to have a baby, I'll deliver it for you at home." So I was very lucky in that I had the security of a highly trained midwife to attend my birth at home. When I did get pregnant, Miss Beck, the wise old midwife who headed the midwifery program, said: "Jeanne, you cannot let the doctors know that you are planning a home birth. I'm afraid you will be fired, and I won't be able to stop it." That's how it was in 1977. And I did have a happy and healthy home birth, and it was one of the best experiences of my life.

> Water is such a powerful comforting tool, it can often give significant relief from labor pain, sometimes to the point where the woman can do without medication she thought she would need. Support, position changes, massage, different exercises, hands and knees position, rocking— this is all part of the art of midwifery care in labor.

BZ: You have one child?
Raisler: No, I have two. My daughter, Josina, was born at home in Mozambique. And once again, I was lucky to be able to arrange to have a highly skilled birth attendant. And again it was quite wonderful.
BZ: Looking at it today in Ann Arbor, the year 2001, for what kind of woman is a home birth the right choice?
Raisler: A low risk, healthy woman who feels confident about her ability to give birth without the technology and support that the hospital can offer. One who trusts her body and who has a skilled birth attendant and a good back up system in case of an emergency. One whose support people understand and support her home birth decision.

Ever since I moved here, I've thought it would be wonderful to have a physician-backed, nurse-midwifery home birth service. It would make so much sense in this community, and it would offer a progressive, evidence-based choice that could be a model around the state and the whole region.

The Chairman of Obstetrics at U of M Hospital, Dr. Tim Johnson, is a very strong supported of nurse-midwives, both here in Michigan and nationally. And he has moved his department firmly into the forefront of evidence-based care... I wonder what he would think about this, I wonder if the faculty physicians would be open to it? Services like this already exist in Chicago, where midwife-physician groups offer both home and hospital birth, within one well-coordinated network. I want to go there and see what they are doing. I think that many more women would want to give birth at home if they felt that they could have the reassurance of ...

BZ: Some of the reassurance that doctors and midwives and the medical system and technology might provide?
Raisler: Yes.
BZ: I'd like to veer off a little bit and ask about the course you're teaching on complementary therapies?
Raisler: That's been the most exciting thing I've been involved in this year. Midwives are very interested in complementary therapies, because so many of our clients use them, and many of us do too. Women who come to midwives for care are also likely to be interested in herbal medicine or homeopathy or acupuncture. And they will ask us: should I use homeopathy for my child's ear infection? Will drinking raspberry leaf tea help me to have stronger contractions in labor? Should I use capsules of evening primrose oil to bring on labor? Most of us, like most physicians, don't know how to answer these questions. So I started thinking that we could really use a course in Complementary Therapies for health science students at the University. And I worked together with Drs. Sara Warber and Rita Benn from the Complementary and Alternative Medicine Research Center, and with Dr. Cheryl Killian and Gaia Kile from the School of Nursing, to create the course, which we are teaching right now for the first time.

The course is housed in the School of Nursing, and it is interdisciplinary. We have graduate students from Public Health, Pharmacy, Medicine, Social Work and Nursing students, plus a few from other disciplines. It's good for all of these future care providers to consider the issues of alternative medicine together, and share their different perspectives.

We have speakers and student observations and experiences, of modalities like meditation, yoga and massage. We are lucky because many Ann Arbor healers have been willing to come and speak to our students and demonstrate their healing work. We invite a balance of lecturers, from the health professional community and the lay healing community. Sometimes we have physician healers who have studied a complementary therapy; for example, Dr. Dennis Chernin came and spoke eloquently about homeopathy and alternative medical practice. And sometimes we have community healers; for example, Wasentha Young came and demonstrated Tai Chi with the students and explained about the positive effects of Tai Chi on health.

What we're trying to do is present an overview of some of the most commonly used alternative modalities, including herbal medicine, homeopathy, body work, traditional Chinese medicine, spirituality, and mind-body medicine. We want the students to learn which modalities are backed by evidence or a long tradition of use for a particular condition, and which are a waste of the patient's time and money.

We are learning about the alternative care providers in our community, and thinking about how to build relationships and communication. We hope the students will ask patients about their use of complementary therapies, and maintain a provider-patient relationship even when patients take a different healing path with which we may not agree. Studies show that while patients seek alternative health care in great numbers, they rarely disclose this to their conventional health care practitioners. And that may be our responsibility, if we seem uninterested or hostile, or if we simply don't ask.

The students in the class have been very open and interested. It's exciting for all of us to be learning this material. It's been a great experience for all of us, I think, both the students and the teachers.

BZ: Very nicely said. Thank you. That was a nice point to end on, I think.
Raisler: Thank you.

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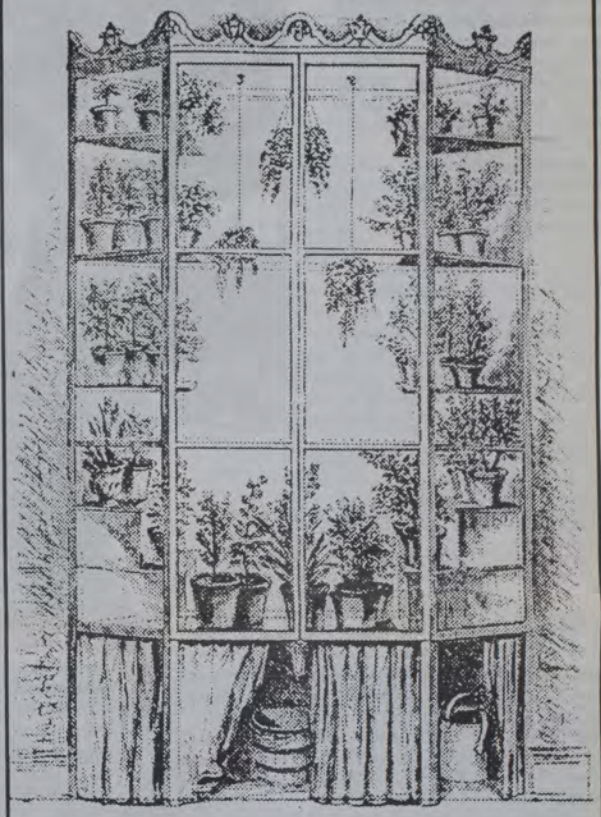
Organic Produce from Frog Holler Farm



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Saturday Stall #19
Wednesday Stall #5

Midwifery in Ann Arbor~ An Interview with Traditional Lay Midwife Mickey Sperlich

Mickey Sperlich is a traditional lay midwife, in partnership with another midwife, Merilynne Rush. Their company is called New Moon Midwifery, which is housed at the Midwifery Arts Center on Brooks Street. Mickey has a BA in education, and an MA in literature, and she is a certified professional midwife. She and her husband, Scott, live not too far from the Midwifery Center. They have one daughter, Lyssa, and a son, Cade.

Our interview is held in the small, sun-lit office of New Moon. The room is very comfortable, with a soft couch, colorful textiles and pleasing objects. It is easy to imagine an expectant mother feeling very reassured by the atmosphere. On one wall is a wonderful quilt, with photos screen-printed on it of midwives attending women and their families. Mickey said, "It's the only thing I ever won in my life." There are also fabric baby slings displayed on a rack, from Matagalpa in Nicaragua. (New Moon is seeking to raise money for medical supplies for Nicaragua and for the Ivory Coast.)

Mickey has a naturalness and wholesomeness that is almost archetypal. One simply doesn't doubt her sincerity. She speaks intently about her work as a midwife, and what it means to her.

Photo by Linda Lawson

Bill Zirinsky: Thank you for being willing to do this interview.

Mickey Sperlich: It's my pleasure.

Bill Zirinsky: I have spent some time talking to Patty Brennan and also talking to Jeanne Raisler. Of the three of you, you are the one who is currently working as a practicing midwife. Do you want to tell me some of your background in terms of how you came to be a midwife?

Mickey Sperlich: Okay. Well, I sort of chose a funny route into midwifery in that I was studying to be a special ed teacher and one of the jobs I did to put myself through school was work as a custodian at the U of M Hospitals in the delivery room. So that's the first thing I learned about birth, is how you clean up afterwards (laughs). So we're really stellar at that (laughs).

This was back in the late '70s and I was sort of mystified by a lot of things that I saw going on at that time. I didn't know about midwives. I just thought, "Oh, this is the way birth is done." At that time, women were still fighting to get their husbands in the delivery rooms with them and everybody was getting shaves and enemas and all kinds of interesting interventions and I just sort of thought, "Oh golly, I hope I never get in this position." Birth seemed a little bit brutal to me. And then, lo and behold, one day I was talking to my neighbor. She was pregnant and I asked her where she was having her baby and she told me she was having a home birth with midwives. This was the first I had heard that midwives really existed, and were something that you could actually be, and weren't like tin smithies who had passed out of vogue long ago, although since then I've heard that there still are tin smithies.

Bill Zirinsky: I'm sorry, this shows my New York-ness perhaps, but what's a tin smithy?

Mickey Sperlich: It's a frontier type of job, like somebody who used to work tin.

BZ: Oh, a tinsmith.

Sperlich: Yeah. If I'd heard the word midwife, that's probably what I associated it with, like a frontier woman.

BZ: From another era.

Sperlich: Yeah, absolutely. I didn't know it was something that was still going on. Boy, as soon as I heard that, I feel like that's when I got the "calling", you know, and the bells and the gongs and the lightning struck me at that point and I just started reading everything I could get my hands on and trying to meet midwives and go to workshops.

BZ: About how old were you at that time?

Sperlich: Golly, I was 19 years old.

BZ: Were you from this area?

Sperlich: I graduated from high school up in Flint, and I'd been living in downtown Flint and going to school there and then I moved here to work and go to school. Anyhow, I was 19 years old, and was witnessing births at the hospital even though I was the custodian, which I sometimes think speaks to the sanctity of birth in the hospital when the custodian can watch... but I was a guilty party. I was drawn to the experience. I really was very much in awe of birth. So I immediately started studying midwifery and I joined with other aspiring midwives. We formed study groups and we'd get together.

BZ: Initially, who did you study with and how did you do that?

Sperlich: It was all a group of other women who wanted to be midwives and we were voluntarily buying textbooks and reading them and sharing them with each other and outlining them for each other and getting together and doing exams on each other. I had never had a hunger for knowledge like that before. I'd always been a good student and everything and even in my special ed program that I was studying I was interested in the topic and everything, but this was something different. I really, really wanted this knowledge and was willing to, in my extra time, my off hours, whatever, work toward becoming a midwife, never really thinking that I'd have an opportunity for a long time. There were a number of other midwives in this area at the time and it didn't seem like there were apprenticeships available for someone like me, so I thought, "Well, eventually I'll get an apprenticeship and maybe I'll be a granny midwife or something. In the meantime, I'll just keep studying." So that's kind of what I did. I did complete my degree. I did work as a special education teacher, doing community job placement at the high school level with students. But along the way, I also became trained as a childbirth educator and then started being invited to births of people that would take my classes, as a labor support person. We used to call ourselves "labor support" people and now everybody is a "doula", the newer, in-vogue term. So I started going to some births that way.

BZ: At the point when you first were exposed to birth and then became interested, through your neighbor, in midwifery, were you coming at birth and midwifery from an already decidedly alternative point of view?

Sperlich: I graduated from high school when I was 16 and I had moved out and was living on my own and had gotten introduced to vegetarianism and that kind of a lifestyle, joined a co-op, so I was already somewhat alternative-minded. But I didn't really know about midwifery, so that was a revelation. And I certainly didn't know anybody that was interested. I had to go out and find the other women. Most people in my family or friends kind of thought it was a pretty strange thing to pursue, because it goes so much against the cultural norm in our society to want to be a midwife or to become a midwife.

BZ: Some of your friends in Ann Arbor must've thought it was great.

Sperlich: They were a little perplexed. But yeah, I found the home birthing community and then I didn't seem so strange (laughs). So then, having my own children at home really galvanized me toward becoming a midwife. I have an 18-year-old daughter and a 16-year-old son, who were both born at home. It was shortly after my son was born that I was able to get an apprenticeship.

BZ: Who were the midwives at the births of your children?

Sperlich: I had Jan Desmet and Pat Kramer and Kathy Nunez, three different midwives.

Bill Zirinsky: Who were some of the people that you were looking to as mentors in those early years of your interest in midwifery in the area?

Sperlich: Well, certainly I was looking toward my midwives, but they were busy and there was not really much opportunity for apprenticeship with them, so I was looking to the "grand midwives" in the country, folks like Ina May Gaskin from the Farm down in Tennessee. Reading *Spiri-*

But the truth is that babies are born with problems in the hospital all the time. Babies die. Things happen. There are no guarantees in life, wherever you're giving birth. But I think our whole culture is really heavily involved in the pursuit of the "perfect product" or pursuit of the "perfect" baby. And there's this illusion that the hospital can get you that.

tual Midwifery is every midwife's rite of passage. It's a wonderful book and that whole approach is really indicative of what home birth midwives are all about. So looking to her, looking to Rahima Baldwin, who used to live in Ann Arbor.

BZ: I know we have her books in the store.

Sperlich: Yes, and I became trained as a childbirth educator through her organization and met her and learned a lot from her and eventually did some births with her.

BZ: That must've been helpful.

BZ: That's great.

Sperlich: Yeah. Well you know our apprentice Kerry Lizon (laughs).

BZ: Yes, that's right she…

Sperlich: …delivered your baby in the car, caught your baby in the car.

BZ: Well, no. We never got to the car. We didn't really get out of the house. My wife began to put her slacks on to go to the hospital and basically we got no further than that.

Sperlich: Okay, okay. I had you confused with another client that actually did deliver in the car (laughs).

I, myself, am not anti-hospital at all and I feel that if a woman develops a complication where she or her baby would be better served by being in the hospital, there's no problem transporting her to the hospital. I feel strongly about that. But I think that by and large women in this country have really been sold a bill of goods about the relative safety of the hospital. And it's unfortunate, because I think the reason that most women don't choose midwives is because they really don't know. There's really sort of a mass ignorance about birth and the statistics surrounding it and safety and all of these issues.

Sperlich: Yes. But there is somewhat of a pioneer quality to becoming a midwife, in that I've always wished that more mentorship was available. In fact, there was this whole generation of midwives and midwifery knowledge that's been lost, really, because of our mothers predominantly having their babies in hospitals, predominantly being drugged for their deliveries, while the granny midwives who were doing most of the births at the turn of the century and the early part of the 20th century started being systematically eliminated from this country, and the art of midwifery was almost lost. It wasn't until the '60s really where women started rising up and saying we need midwifery and it's really important and it's time to take our births back, that there was a resurgence of midwifery at that point.

BZ: That's an interesting point you're making, in terms of our mothers and their generation, and the 40-year gap between the end of the first World War and the mid-1960s, during which time hospital births became the norm.

Sperlich: Midwives have been trying to reach out across generations and trying to find the granny midwives that are still out there, and to honor them and to learn what we can from them. That's why it's been really important for me to go to conferences and that kind of thing, where there are going to be some of these grand old midwives that we can learn from.

BZ: You were talking about where you were at, that you'd been influenced by watching the midwives who had birthed your own children. You were talking about what happened next, in terms of your own development as a midwife.

Sperlich: Two of the women who I had been in study groups with from years previously had gone on to become midwives and had formed a partnership – Carolyn Hejkal and Janet Christman are their names. They were at the point where they were ready to take on an apprentice. It coincided with a point in my life at which I was being offered my plum teaching position (laughs) and I had to make a choice. Do I take this great teaching position where I get a lot of say-so about the direction it takes and can kind of design my own job or do I go to apprentice with these two wonderful women for no money (laughs)?

And I chose midwifery. I really had the support of my husband in doing that. He really saw that I had a real fire in my belly for it and that it seemed to be a true calling for me and so he supported me in doing that. He sacrificed a lot for me to become a midwife, in terms of money and time. We had very small children when I became a midwife and so he was right there watching the kids while I was gone and bringing the baby to me to nurse when I was off at a birth and that kind of thing, real commitment on his part.

I apprenticed for two and a half years in that practice and then became a partner. We had a three-way partnership for a while until Carolyn started having her kids and then she decided to be a stay-at-home mom. Then, eventually, Janet decided to make a career change, and at that point, when I knew she was going to be phasing out of the practice, is when I invited my current partner, Merilynne Rush, to join the practice, to finish her apprenticeship with me in the hopes that she would then become my partner, which she gratefully did. She and I have been working together for eight years now.

Because we have each learned through the apprenticeship model, we are choosing to continue that in our practice by apprenticing other women. So we always have at least two apprentices in our practice and we feel that that's really important to keep that circle going, that circle of midwives.

BZ: No, our daughter, Juliana, was born in our bed very quickly and Kerry was there as a doula. She did the best she could. I called our friend, Janet Levine, who had ample experience as a labor and delivery nurse in a hospital setting, and who had assisted at many home births, and she lived about four blocks away. Janet came over as fast as lightning, but Juliana was already born by the time Janet got there.

I had also called "911" but Janet had already arrived by the time the medics arrived, and she had surveyed the situation, found everyone healthy and happy, and she firmly sent away the ambulance. That whole experience was a wonderful lesson for me, as a person, and as a male, and as somebody with deeply instilled fears about the childbirth process, because of my mother's stories about her first birth. It was great to see this incredibly natural event happen, to watch my wife, Ruth, give birth, really, with almost no help at all. It was just fascinating to be there.

Sperlich: Right, right. A favorite midwife saying is, "Babies come out." It's simple and true. I think that most of the time the midwife's role is to stand aside and let the baby come out and to not interfere with the natural process. Midwives often say, and we say in our practice that we feel like we're there at births to be the guardians of normal births, to be standing watchful and seeing that everything is progressing normally and helping to create the space that the woman needs to give birth.

BZ: My mother's first daughter, my older sister, was born in 1946, and it was a breech birth and a very, very long delivery and it went on and on and on. I'm seven years younger than my sister would be now, she passed away just a few years ago, and so some of the stories really were probably just my misinterpretation of things as a boy and being seven years younger, but the sense always was that the birth went on too long.

In fact, my sister was born with cerebral palsy. My sister told me – she was a very bright and capable woman, she was a Ph.D. in the area of sexuality for the disabled, and she spoke four languages fluently, but she was physically disabled from birth – that recent research in the field of cerebral palsy is such that it isn't really clear whether it is the chicken or the egg; that she, herself, no longer felt certain as to whether her cerebral palsy was the result of being starved of oxygen during her very, very long birth, or whether her congenital cerebral palsy was a cause of her difficult birth.

Sperlich: There is some suggestion recently in the literature that CP has its roots earlier in the pregnancy.

BZ: Yes, right. And therefore was part of what might have caused the difficult birth. But certainly it left the other children in the family, and probably my sister, with a lot of fear about childbirth. And therefore, the thought was "Yes, you must be in the hospital to have a safe birth." But one could reinterpret that entire picture very differently. My mother always felt that the obstetrician had been very inattentive and not very present, that he had woefully failed her during that very long birth.

Sperlich: Was your sister born at home?

BZ: No, she was born in the hospital.

Sperlich: That's interesting in and of itself, because often what people ask when they find out about home births is "What if something goes wrong?" It's interesting that that question is never posed to people who are planning a hospital birth. Because there is that perception that as long as you are in the hospital, everything's going to be okay.

But the truth is that babies are born with problems in the hospital all the time. Babies die. Things happen. There are no guarantees in life, wherever you're giving birth. But I think our whole culture is really heavily involved in the pursuit of the "perfect product" or pursuit of the "perfect" baby. And there's this illusion that the hospital can get you that.

I, myself, am not anti-hospital at all and I feel that if a woman develops a complication where she or her baby would be better served by being in the hospital, there's no problem transporting her to the hospital. I feel strongly about that. But I think that by and large women in this country have really been sold a bill of goods about the relative safety of the hospital. And it's unfortunate, because I think the reason that most women don't choose midwives is because they really don't know. There's really sort of a mass ignorance about birth and the statistics surrounding it and safety and all of these issues.

BZ: Why choose a home birth with a midwife rather than a hospital birth with a midwife? Why might a woman choose one versus the other?

Sperlich: I think there's something really positive in terms of the birth experience about being in your own environment, being in your germs, in your own space, where you feel like you have a certain amount of control – not necessarily over the birth process, because you can't control that – but you can control your environment: what position you want to give birth in, where you want to be in your home. There's something about seeing and smelling and touching your own things and being in your own space and having a sense of privacy and familiarity.

BZ: What do you mean you can't control the birth process?

Sperlich: I think, in large part, giving birth is really an act of surrendering. I think most women – and I sort of witness this when I'm at births – especially having their first baby, spend a lot of time of that first labor sort of trying to jump out of their bodies. I know I did that myself. Just to give you an example, when I was in labor with my daughter, my first child, I remember dealing with the contractions for me was all about trying to get in the position that was the

most comfortable for me and that made things calm down the most and cause me the least amount of discomfort. And there was this sense I had that if I could just sort of jump out of my body and go away somewhere, which would be preferable to what was going on. I had this really long, hard labor, but eventually birthed my baby and everything was great.

Then in my second labor with my son, I had a completely different perspective because I remembered the final stages of that first labor, where I finally just had to say, "Okay, this is happening. I have to walk through the fire. I have no choice. Nobody else can have this baby but me." And I remembered all of that, it all came rushing back to me. So my second labor I was more determined to let the contractions do the work and to let the labor progress and be effective. In fact, I remember lying in a certain position that would make the contractions worse in terms of discomfort because I knew that those more powerful contractions were

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what was going to dilate me and were what was going to bring the baby. I think that's a perspective that you don't have the first time; certainly I didn't anyway. And I got to that point of surrender much more quickly, much more readily with my second birth.

You know, birth works. Just like it's important for the people around you to get out of the way and let it happen, you have to do that yourself too. Every woman gets to a point in their labor where they just say something to the effect of, "I can't do this anymore." They look in your eyes and they're looking for that encouragement. I think that's one of my prime functions as a midwife, just to believe in women and to communicate that to them when they doubt themselves. I actually think it's great when someone gets to the point where they say "I can't do this anymore," because you know that they're getting pretty close to giving birth and they're on that threshold of letting go and surrendering to what's happening to them and letting their powerful body do the work that it needs to do.

BZ: I remember so well the birth of my first child, Sam. Ruth was at St. Joe's but had as her birth coach Janet Levine, who had attended many births as a nurse, and Janet Levine was coaching Ruth. I remember being so awed by Ruth's ability to go into herself, go into her body, and let herself experience her own contractions and her own breathing and go someplace inside. And I remember that there was a wonderful dynamic between the two women, and since they'd already been friends for a long time the kind of coaching that Janet was doing with Ruth, which I witnessed, was all about encouraging Ruth to stay in her body as opposed to what you were talking about, where women want to escape from their body. And so as you used that phrase, I vividly remember her going in and kind of letting herself do that instead of escaping. I've heard about some other births where women got into problems doing just what you were saying, where they were really escaping as much as they could into their heads. So that was a powerful reminder of that for me.

Sperlich: Another mentor of mine is Michel Odent. He's a French doctor and he's done countless births and has been very much an advocate for midwifery and for natural births, kind of popularized the whole concept of water births. He really stresses exactly what we're talking about in terms of not interfering with the women, especially at that phase of her labor. And he has broken it down in terms of looking at the brain and what's really controlling things at that point and that it's really the primitive brain that's at work in terms of the hormonal effect of the labor at that point. And that things like bright lights, sound, talking to a woman, trying to get her to engage with her neocortex interferes with the hormonal functioning of her giving birth.

You can see how it's so easy to interfere with a woman in the hospital: you have somebody coming in to take your blood pressure, asking you questions for your chart, flipping the lights off and on, sticking their hands inside you, whatever. It interferes with that very natural, instinctive flow of birthing. He's really broken this down in terms of all the brain chemistry of it and it makes a lot of sense, I think, not only on the body level, but on a spiritual level. You're going through this incredible opening. I'm always in awe of that. A woman giving birth – on the one hand you can't imagine a stronger image. This is like pure power. A woman giving birth is just incredibly powerful and strong. On the other hand, she's at her absolutely most vulnerable, too. And both are happening at the same time. And that, to my way of thinking, is the role of the guardian because that's someone there who's protecting the space, enabling her to be really powerful and to do what she needs to do. It's a real dichotomy. It never ceases to amaze me (laughs).

BZ: Actually you're being wonderfully articulate and powerful. I'm really glad to have you talking about the actual birth experience and also about your experience as a midwife. Let's go to the spiritual power of birth.

Sperlich: Boy, what do I want to say about that?

BZ: I'm sure there's a lot to say about it, actually.

Sperlich: I guess I could speak to my personal experience. I really am grateful to midwifery for the way that it's opened me up spiritually. I feel like I have an opportunity to witness miracles on a regular basis. That's how I really feel about it. It's been such a powerful gift to me to have the privilege to be a witness of that. And it's made me really trust and rely on spirit a whole lot more, being a midwife. Because I'm dealing with such powerful stuff on a regular basis it's become real clear to me that it's all very much bigger than me (laughs). That yes, I'm trying to be a faithful servant and helpful attendant and everything, but the dramas that I continually see unfolding are grandiose.

BZ: Yes. You are a midwife to one of the most important human experiences in life.

Sperlich: Absolutely and I have come to really…I mean, yes, I have my fetoscope and my oxygen and all my other tools that I carry with me to births, but the number one thing that I need to bring with me is that openness to spirit and to direction. I had an experience just Sunday. I was with a woman and she had developed a potential complication. Without going into a lot of detail, her bag of water was ready to break and the head was still very high. It was a situation that could've disposed her to a complication called a cord prolapse, meaning that the cord could have washed out ahead of the baby's head and then when the baby's head followed it could've put pressure on the cord and cut off the baby's oxygen supply. But she had had a number of babies and I knew that if the head had come down, she could push her baby out relatively quickly. When I was ascertaining all of this, I was just in a dither. Do I break her water at home? Do I put her in the car and take her to the hospital in case this happens? Do I call an ambulance? But then we have to wait for the ambulance to come. All this is whirling around in my brain.

I finally realized I didn't have a clear notion of what I needed to do that very moment and so I just realized that what I needed to do what stop everything and I said, "We all need to pray together." And we all prayed and I checked her again, and the head had come right down and everything was beautiful, everything was fine. She pushed her baby out. It was all great. I'm usually not real specific when I pray. I'm always just praying for God's will to be done and in this moment I was very specific. I normally feel like I don't want to pester God – will you do this, will you do that – but I was real specific in this instance of what we needed to see happen. And it happened that way. I've come to really trust and believe in that.

Not to say that if things hadn't turned around right away that I wouldn't have taken her to the hospital and gotten her access to medical care and done whatever we needed to do, but in that moment I trusted that voice inside me that said, "It's time to really connect with spirit here and to invoke God's blessing in what we're doing." That has been really powerful for me.

I grew up Roman Catholic and had a real spiritual life as a young child, but then we did a lot of moving around, my parents divorced when I was in high school, and it was a real disconnect for me. I really turned away from my spiritual life for a number of years and I'm really grateful to midwifery for reconnecting me with my spiritual life. It's just been an amazing journey that way for me.

BZ: It is a gift to have work which connects one to people in a way that intersects with meaning in their lives, be that as a spiritual teacher, minister, rabbi, as a therapist, as a midwife. I feel very fortunate at Crazy Wisdom to be providing resources to people who are searching spiritually and psychologically, so that I can only guess at the sense of profound meaning you can feel in being part of what is for most women one of the singular experiences of a lifetime.

How many other things are there…I remember the moment that my wife, Ruth, came down the aisle and I thought to myself: "Oh, this is it. All the attention paid to the wedding ceremony. All the build-up. All the movie plots ending with the wedding ceremony. And now, this is it." And I couldn't help but laugh delightedly at *living within such a moment.* And I'm sure as one approaches death that one might also say, "Oh, this is it" and notice that, and if you're a Zen monk, you might even laugh delightedly *at living within that moment!*

But it is a gift for you, and what a wonderful gift, to be able to embrace childbirth and to embrace it in the way that you get to do it, in people's homes, in a way that's the most natural way.

Sperlich: It truly is. I feel very honored to be able to be with women and with families, and witness these amazing transformations. I love especially watching a family become a family for the first time, when they have their first baby. It's just this magical thing. When you have a baby it's not a job you take on or a role you assume. It's something you become. It's a becoming. That's so amazing to me. I love watching a woman become a mother. It's just so powerful.

BZ: Very moving.

Sperlich: Yes.

BZ: Sometimes moving to watch the father become a father too?

Sperlich: Absolutely, absolutely. It's the creation of a family. To be there at the creation is just incredible. I love it. You were talking about death and I've always found it very interesting that when you talk about "This is it" and the major experiences, birth and death in a lot of ways are very parallel experiences. It's interesting. I know a number of midwives who go on to become hospice workers, midwifing people through their death.

BZ: You have known midwives who went on to become hospice workers?

Sperlich: Yes, and I can see the draw in that personally. It's another way of standing at the threshold and helping people move over it, which is what we do in birth. I have some friends that are hospice workers, and the imagery, the terminology, that they use in describing the experience of being with someone when they're dying is very similar to the imagery and the sense that you have when someone's being born as well, in terms of the gathering of the family around the person, the loving focus, the gentleness, the crossing over. It's very similar and I've always been intrigued by that. It's troubling to me that we live in a society where both birth and death are primarily done in sterile hospital rooms, with strangers, often. I think we've lost something as a culture because of that.

BZ: I can relate to what you just said. I think I have a much greater fear of hospital illness during the late stages of my life than I do of death, per se. In my fantasy, I think if I can be at home in my bed with loved ones around, I could probably handle that. But put me into a hospital gown in a fluorescent-lit place with strangers and it seems nightmarish. That speaks to me. Do some of the women who come to you as part of the overall process of coming to a lay midwife need a certain amount of reassurance about home births?

> Every woman gets to a point in her labor where she just says something to the effect of, "I can't do this anymore." Women look in your eyes and they're looking for that encouragement. I think that's one of my prime functions as a midwife, just to believe in women and to communicate that to them when they doubt themselves.

Sperlich: No, actually. Usually the women, by the time they find us and come to meet us, have really done a lot of research and are very motivated toward home birth. They've done the reading; they've talked to other women that have had home births. Primarily when women come to see us, they're ready to go. They're eager and anxious to have their home births. Oftentimes, the father is more apprehensive and so we spend a lot of time helping him to get the kind of materials he needs to educate himself and getting to know us so that he can develop the same kind of comfort with us that the mother has.

Photo by Linda Lawson

BZ: Will you say more about that?

Sperlich: Well, I know that my husband felt that same way. He had certainly grown up with the same notion that most people in our society do, that if you need help you go to the hospital for it. And having a home birth is really going against that cultural norm. He was concerned about safety issues and he really didn't become a strong advocate for home births, even knowing that I wanted to be a midwife and everything else, until after we had had our first baby and everything went really well.

I think, too, for men there is the idea of safety, but there's also the great unknown. This is such an "other" experience, the whole idea of giving birth. I think for a lot of guys just birth itself is kind of a scary prospect, and then if you add the extra sort of responsibility that you're taking on in choosing a home birth, it's harder for men sometimes. Having said that, after the birth often the dads end up being our strongest advocates and start telling everyone they know that they ought to have a home birth. The same thing with extended family members. We get a lot of moms and mother-in-laws who end up coming to prenatal to meet us and make sure that we're on the up and up and everything.

BZ: Would you talk about the use of pain medication and medication during labor?

Sperlich: Yes. I think anytime you watch a TV show, a movie, even commercials, anytime labor is depicted, the woman has her first contraction, it's horribly painful and she goes running to the hospital immediately to get her drugs.

BZ: That's all I ever saw until my wife had our first child.

Sperlich: That's all you ever see. And so what's being communicated through our media to women is that we don't have what it takes to give birth on our own and we need to have those drugs.

BZ: It's also communicated that it's an urgent situation. There's a quality of an emergency, there's a quality of panic.

Sperlich: Absolutely, absolutely. It's sort of, I think, almost criminal the way this is set up in the hospital. Instead of pondering all your options before you ever go into labor and deciding if you want a natural childbirth and taking the steps in terms of preparing yourself for obtaining that kind of birth, instead you go in for your typical hospital birth and every single laboring woman is visited by a labor and delivery anesthesiologist, whether or not she is going to have anesthesia. Now, if I walked into one of my client's homes when she's 7 cm dilated and working really hard and said, "I have something in my bag here that can take all your pain away," she'd probably take it. I would've taken it.

But I had made a conscious decision to not take drugs and so I asked the people who were attending me to support me in that decision when the chips were down and I was in hard labor. And so nobody offered me that. Instead, they encouraged me and they lovingly supported me and, lo and behold, I had my baby and never once regretted that I didn't have my pain dulled through anesthesia. So I don't understand why…it's almost like the anesthesiologist is then a pusher, in a way. Because they're walking in with their bag of candy and saying, "Hey, I can take your pain away. I don't care what you've chosen, I'm still going to offer it to you."

Certainly there is a time and place for labor anesthesia and I'm not in any way condemning women who choose to have an epidural, but I think the important word in that is choice. And to be offered that when you're in hard labor, I think, is coercive. What you have happening is, it leads you to sort of believe that there's a mercenary quality to it. Because epidurals make a lot of money for the hospital and the use of an epidural on a woman that's in labor quiets her down, makes her a more compliant patient.

What they don't tell you necessarily is that it leads to a higher rate of assisted deliveries – forceps delivery, C-sections. It can cause you to have a fever, which can then cause your baby to have a septic workup afterwards because the baby might have a fever and a whole host of other problems.

But the greatest injustice in my mind is communicating to all women across the country that they don't know how to give birth anymore. And it's even gone beyond that. There are people working in birth today that feel that they have a feminist mandate to medicate women, the feeling being that if you have a woman who's in pain and you have the means to alleviate her pain and you don't do it, then you're being anti-feminist. So the assumption then is the rest of us who are advocating natural childbirth are all martyrs. To me that just feels so twisted. This is something new that's emerged lately, and I think it's really disempowering women.

I also wonder about the bonding process. It's the old adage; "You don't get something for nothing." I wonder if not really feeling your contractions and not really feeling your labor and feeling your baby moving down through the birth canal, if that doesn't have some effect on your ability to really appreciate what's happening and to really appreciate the birth of the baby. I sometimes worry that…

BZ: Isn't that a difficult issue to talk about, in a sense, because it would lead to women, then, who choose anesthesia and hospital births that might feel, as some of them do, badly that they didn't go through a natural childbirth?

Sperlich: Right. And I guess my question is not about individual women, because I understand that individual women sometimes need to make the choice for medication and that's fine.

BZ: You're talking about societal…

Sperlich: I'm talking about at a societal level. Michel Odent has posed this question. What does it mean for our civilization to have all babies born under anesthesia? I think we need to be asking that question. I've seen epidurals do wonderful things for somebody who's having a really long, hard labor. It allows them to relax and have their babies. I think there's certainly a place for them. But the fact that we have outrageous epidural rates now…so many women are getting them…it's just not necessary. I would say most of the women in our practice come away from their birth feeling, "Wow, I did that; what a wonderful thing" and feeling very satisfied with their experience. I just think it's sad that a lot of women don't have that.

They feel that they couldn't have given birth if they hadn't had those drugs or they couldn't have given birth if they hadn't had that particular attendant. I know even for myself as a midwife, when I started midwifery I think I had a lot more sort of ego involvement with being someone's midwife and them really needing me and really helping them through and then getting all these accolades for having done such a great job with them and everything. But ultimately I found that that sentiment really rang hollow, because then what you had was a woman who was feeling very beholden to you as her midwife, like "I couldn't have done it without you." And then it made me step back and say, "Did I really help that woman feel empowered by her birth or did I just make her feel like gee, I'm really a great person?"

BZ: So you see your role slightly differently now.

Sperlich: I see my role differently now. I see my role as being there to guide and protect the woman and her space, but to allow her to really shine and hopefully in the final analysis she'll come back and say, "Wow, I did that" and feel really good about her having given birth and have it be that almost anybody could've been there in the room actually catching the baby and it would've been fine because she was the one doing the work.

If you've ever been in a room where a woman is giving birth, it's just darn clear who's doing the work (laughs) and it's not the midwife or the doctor or the nurse. I think we lose that perspective. Midwives try to keep that perspective through their terminology in terms of we say we catch babies. We don't say we deliver babies. That child is the mom's. The mom delivers the baby; we catch them. So that's a good starting point. And I think it is important to be careful with our language; I think language is very powerful.

BZ: Is there terminology that comes to mind as you were talking?

Sperlich: I just think it's very important to carefully choose your words, especially when you're supporting a laboring woman. I remember back when I was doing labor support, working with this one woman. It was a hospital birth. We'd been kind of left alone for a while and she was doing great. She was squatting. She was really getting into that powerful birth space and really working with the energy really well and had a really positive frame of mind and her doctor came in. It had been about a hour or so since she had been examined and he examined her and said something, it wasn't horrible or anything, but it was something like, "Well you know, you haven't really made any progress over the last hour. I'll give you another hour."

BZ: I'll "give you" another hour, that's awful.

Sperlich: I'll give you another hour. It was like a balloon had deflated in the room, in terms of the power of those words.

BZ: Yeah, that's awful.

Sperlich: It was kind of a downward spiral from there. So I try to be really careful in terms of talking about time or making predictions. Women themselves are often asking us, "Well, how much longer do you think it's going to be?" And I always say, "Just as long as it takes." I really want my women to feel that they're off the clock. You said something about, "Is there a clock in here?" and I'm like, "Well, no" (laughs). We haven't found the clock to be all that useful of an ally oftentimes in births.

> You're going through this incredible opening. I'm always in awe of that. A woman giving birth – on the one hand you can't imagine a stronger image. This is like pure power. A woman giving birth is just incredibly powerful and strong. On the other hand, she's at her absolutely most vulnerable, too. And both are happening at the same time.

In terms of length of labor and everything, there's this doctor who charted what should be a normal progression of dilation in the birth process; it's called Friedman's curve. I have seen women be so far outside of Friedman's curve and have it be perfectly fine, that I really feel that labor takes the time that it takes. As long as you don't have a woman who's entering into a picture of clinical exhaustion or a baby that's doing poorly and not responding to the labor well, then why not let the woman have as much time as she needs? It's her time. I myself had a two-day-long labor the first time around and I often think about what that would've been like had I been with care providers who were watching the clock on me and telling me, "Gee, you know, it's been another 12 hours and you haven't made any progress." I think my balloon would've been pretty easily deflated during that. So I think it's important to be really conscious about how we're talking to women and how we're framing things.

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BZ: In talking to both Patty Brennan and Jeanne Raisler, I learned that of midwifery births, the ratio of hospital births to homebirths is approximately 9:1 at this point, at least in the Ann Arbor area, and maybe that's nationwide. I learned that there are perhaps 100 homebirths a year in the Ann Arbor area, and up to 900 or so hospital midwifery births.

Mickey, in response to my request, you were kind enough to dig up a statistic about homebirths statewide.

Sperlich: Yes, in 1999, there were 825 registered homebirths in Michigan. There were 133,000 births in Michigan that year. There were probably more homebirths than that, but some of them were unregistered.

BZ: Anything about the relative safety of homebirths?

Sperlich: As far as know, all the studies that I have known, looking at the relative safety of homebirths, have shown that having a planned homebirth with a trained attendant, is every bit as safe as having a hospital birth.

The Midwives Alliance of North America will soon be releasing a national study on homebirths. I fill out a six page form for every birth I attend, and the statistics project of the Midwives Alliance (MANA) has been compiling that information. The study will include information on the socio-economic status of families who choose homebirth, number of transfers to the hospital, rates of episiotomies and tears, number of C-sections, forceps, vacuum extractions, average length of labor, length of the pushing stage, details of pre-natal care, and more.

BZ: Jeanne said that what drew her originally to hospital midwifery was that, in a sense, that's where the women are, that's where most lower income women are, and she wanted to serve a population of women from all different social and economic backgrounds. She felt she could do that best in the hospital, by going to where women are. And in our society, because of the media, because of the last 50 years of attitudes about medicine, which is changing in the last 10-15 years, people had been scared off home births starting in the 1920s. Interestingly enough, women and their partners have been still choosing hospital births in overwhelming numbers, even those who are using alternative medicine in a variety of ways in their lives – for their general health issues, for stress reduction, for specific medical maladies…

Sperlich: Right.

BZ: …and an increasing number of those are assisted by midwives in the hospital, but they're choosing to give birth in the hospital. I don't have a question about that. Just a comment about that.

Sperlich: Well, I really honor midwives that are working in the hospital and I'm really glad to see that there are more midwives. But I also know, because I have friends that are nurse midwives, that they have oftentimes a very precarious position in the hospital. There is very much opposition to them. Hutzel Hospital in Detroit had a wonderful midwifery program, it was really gaining steam, lots of clients, really serving that population you were talking about – the low-income population – and having fantastic success. And I think that the doctors that worked in the hospital were kind of getting up in arms about it. So they sort of restructured the whole midwifery program there and a lot of midwives ended up leaving because what they were doing is making these midwives – who were very experienced and doing wonderful work – report to the residents.

BZ: Oh boy.

Sperlich: And it was very difficult for the midwives, who were way more experienced than these residents, but they had to go and report to these residents about the births that they were doing. That's a real problem with midwifery in the hospital, the lack of autonomy and the lack of respect. I think it's a tragedy.

Just look at insurance. Midwives can't get direct reimbursement from insurance companies. These are midwives who are working in the hospital, who are doing all the pre-natal care, the births, all the postpartum care for their clients. Their clients are never seeing the doctor that has to sign off on all their paperwork so they can get reimbursed. It's a travesty. So there's this sense even if you're working in the hospital as a midwife that you're a second-class citizen and I think it's really unfortunate.

BZ: I know there is a constant political push to try to get more midwives in hospitals around the state.

Sperlich: Right, right. Having said that, there are certainly a lot more nurse midwifery options, hospital midwifery options, than when I started midwifery. When I began, the nurse midwife program had just begun at the U of M and it was one of very few in the state. There wasn't a school for midwifery here.

Part of the reason that I chose to do home birth midwifery at that point was it was really not a viable option for me to become a nurse midwife then, in terms of getting my nursing license, in terms of having to go out of state at that point to get the midwifery portion of the certification and then ultimately having to do births in the hospital. Even though home birth is a regular part of a nurse midwife's training in Michigan, I only know of two nurse midwives that are doing any home births because they can't get the doctor's signature that they need for their certification, to sign off on their births.

BZ: Why aren't some of those women who are being trained as nurse midwives through those programs nonetheless still choosing to do home births, kind of "Okay, I've got that training, but now I want to do births at home"?

Sperlich: Because of liability. Because doctors and midwives that work in the hospital are getting all their malpractice insurance through the hospitals that they have privileges at. And so the hospitals are saying to them, "You're not going to go out and do home births because then our hospital is potentially going to be liable for you if something goes wrong in a home birth setting."

Mickey Sperlich and her partner in New Moon Midwifery, Merilynne Rush. (Plus a very photogenic baby!)

> I love especially watching a family become a family for the first time, when they have their first baby. It's just this magical thing. When you have a baby it's not a job you take on or a role you assume. It's something you become.

BZ: Why? Why would they be liable for a home birth?

Sperlich: Because their care provider, who's employed by them, was off attending someone in a home birth setting.

BZ: Even if it was done on the side of their regular…

Sperlich: Right. This is how far-reaching our liability…this is how liability-driven our consciousness has become as a society.

BZ: And you as a lay midwife, is that the right term…

Sperlich: I usually use traditional midwife, but yeah.

BZ: A traditional midwife. Do you ever get reimbursement from any insurance companies?

Sperlich: I do sometimes, but it's spotty. I don't get the same level of reimbursement that I would get if I were working in the hospital.

BZ: Occasionally you do.

Sperlich: Yes. But in terms of liability, I have none. Malpractice insurance costs more than I make, so I have none.

BZ: Is it even available for a home midwife?

Sperlich: It is available now and that's only in recent times that it's become available. It is available, but it is exorbitantly costly. I'd be working for free.

BZ: So do you ask the families to sign waivers in advance of the birth?

Sperlich: We do have a home birth agreement that we ask our clients to sign that basically says, "Here's the situation. We're midwives, we're not obstetricians." We're not going to do a C-section in the home, even though there is a best-selling novel, *Midwives*, that came out that's all about a midwife who does a C-section in a home, which cracked me up. Finally midwives get some notoriety and it's for doing a C-section at home on a dying woman, go figure (laughs).

So in terms of what I consider to be my liability, I consider it to be my relationship with my clients and being absolutely straightforward with them about what we do and what we don't do and what our parameters of what we consider to be safe are, and just being real honest with them and open about what we're seeing all along the way. And if they develop a complication that we think necessitates a hospital birth, then so be it. We're very open about communicating that and interfacing with the medical community when we need to, which has been for the most part very favorable to us. We've been treated with respect when we've had to take someone in and treated very professionally. I'm grateful to our local medical community for that.

BZ: It's a more progressive medical community than many.

Sperlich: And I think we've been doing this long enough now that people know that we're out there and that we're doing the best that we can. And it's hard, I think, sometimes for…I'm sure a lot of people in the medical community must have a skewed vision of what a home birth is because the only time that they ever interface with it is when there's a transport, is when there's a problem. They don't know that we're out here doing many births that are going absolutely fine.

BZ: Actually more communication between the midwives and the hospital birth community probably would be a good thing.

Sperlich: Right, right. And I think that the introduction of more nurse midwives into the hospital setting has helped the perception of midwives in general, in terms of understanding what it is that we do and what we're about.

BZ: I think that it was Jeanne Raisler who told me that there had been a really affirming celebration of the greater midwifery community when the Midwifery Arts Center had its opening party, that both nurse midwives and traditional lay midwives came. Besides you and your partner, Merilynne Rush, are there other traditional midwives practicing these days in Ann Arbor?

Sperlich: Yes, Rosalynn Tulip is practicing. Pat Kramer is still doing births. Our former apprentice, Sierra Hillebrand, is starting to do births on her own now with Lee Roosevelt.

BZ: So there are quite a few people right now.

Sperlich: I hope I didn't leave anyone out (laughs).

BZ: Herbalist Susun Weed recently came to Ann Arbor. Had she been an influence on you?

Sperlich: Absolutely. Her book, *The Wise Woman's Herbal for the Childbearing Year*" has been indispensable. I remember devouring that book when it came out and attending her workshops and incorporating her knowledge. We've made a study of herbs and homeopathy in our practice and try to incorporate them and have found them to be terrific allies in the birth process.

> I really am grateful to midwifery for the way that it's opened me up spiritually. I feel like I have an opportunity to witness miracles on a regular basis.

BZ: What other books do you recommend sometimes to people who are beginning to think about or are going to be

ing through a homebirth? I know you mentioned *Spiritual idwifery.*

perlich: *Spiritual Midwifery.* There's a book by Sheila itzinger called *Home Birth,* which is wonderful. Rahima aldwin's book, *Special Delivery.* Pam England's book, *irthing From Within* is a wonderful book. There are classes eing taught on that now. It's a really nice perspective.

Z: How many births do you and Merilynne do a year?

perlich: We're doing about 50 births a year.

Z: 50!

perlich: I had three births in six days this week.

Z: You did?

perlich: We do three to five births a month. You'd think would work nicely, oh, once a week, but no, it's not like iat (laughs).

Z: What was the most difficult experience you've had as midwife, in terms of the birth experience? I'll also ask ou afterwards about a couple of the most exciting or the ost satisfying.

perlich: That's difficult. It would have to be losing a aby. I've had a couple babies that have been born with ongenital anomalies. It's very difficult to have to say oodbye to a baby right when you're saying hello. It's very,

> Certainly there is a time and place for labor anesthesia and I'm not in any way condemning women who choose to have an epidural, but I think the important word in that is choice. And to be offered that when you're in hard labor, I think, is coercive.

ery hard. We were talking earlier about midwifing someone hrough birth and death and midwives doing hospice work. I hink of those experiences and helping the couple through he birth of their child and then the death of their child all in ne fell swoop is really difficult. At the same time, it's also ery sacred, very holy, very powerful. But I think that's the iardest. I think that's the worst kind of grief, the grief for our child, that there is that I can possibly imagine.

BZ: For the child who is not born alive?

Sperlich: We just had a baby who died of SIDS after the irth in the past year and that was very hard. We've been neeting with our clients and trying to help them out the best we can. We had another baby in the practice who had anomalies making him incompatible with life and the parents ended up having to choose to remove him from life support, and that was very, very difficult. That's what I automatically think of, is those experiences.

BZ: Tell me about…unless you want to go on…

Sperlich: No, that's okay.

BZ: Tell me about the most satisfying birth experience that you've been midwife to. Any one particular one that really just…

Sperlich: I think that's always the last birth that I went to (laughs).

BZ: My mother always had that attitude about the last great Chinese meal she ate…

Sperlich: Yeah, I think I just get that sense after every birth.

BZ: That's wonderful. Each one feels kind of fresh and vivid…

Sperlich: …and unique and transcendent and all of that rolled into one.

BZ: I forgot to ask you earlier on, did there come a point in your training where you ever went and got any kind of certification from anywhere or were you self-certified through your apprenticeships?

Sperlich: I eventually chose to be certified through both the Michigan Midwives Association, which is a statewide organization of the midwives, themselves, and they have a voluntary certification. I also chose the national certification through the Midwives Alliance of North America. I just thought it was important to make sure that my learning had been well-rounded and that I hadn't left anything out. So it was a good experience for me to sit for those exams. I report my statistics to MANA, which is the Midwives Alliance of North America. Earlier in the interview, I talked about the study they're doing, and that's related to their development of a national database of home births, which I think is really important. Both of those organizations have ample opportunity for continuing education through their conferences and what not, and I've really benefited from that. Beyond that, my involvement with those organizations, the best thing about that is having a group of midwives, of peers, to get together with and be with and share and support each other. Sometimes you end up feeling like a walking anomaly being a midwife. It's kind of an odd thing to do and you don't necessarily feel…

BZ: You don't have a lot of peers.

Sperlich: …a lot of support. Yeah, and so it's just wonderful to be in a room just filled with midwives and feel like on some level everyone there understands you or things that you face. That's really important.

BZ: I would imagine that would be very satisfying to be part of occasionally. Do you enjoy teaching in terms of the women who are working with you as apprentices?

Sperlich: I really do. I've really enjoyed that. There's been a lot of give and take. I'm teaching them the art of midwifery and at the same time they're really helping me out too, in terms of their support and their time commitment and their energy. I really appreciate that. I think I'll always have apprentices. I think it's really important.

BZ: Do you see yourself doing this into the long future or medium-term future? How do you see the future of your work as a midwife?

Sperlich: At some point I will probably cease to go to births on a regular basis and it will be because of physical stamina basically (laughs). It's really physically hard to be a midwife, to lose nights of sleep. It's one thing to lose your night of sleep, but when you have to be really awake and supportive and engaged while you're not sleeping is another matter entirely. I have different muscle aches and pains and you end up in sort of weird positions helping someone do their contractions. It's very hard on my body. I think at some point I will have to step back from taking that kind of active physical role in being a midwife. On the other hand, I'm very interested in the sort of larger perspective of midwifery and I think I'll probably always have some role with that in terms of education or advocacy.

For the last three years I've actually been working on a book project. Through the years I've worked with many women who are survivors of sexual abuse and have really found that there are not a lot of resources for survivors who are pregnant and are approaching birth or becoming mothers and dealing with issues that come up for them specific to their experience. So, three years ago I developed a survey and circulated it around the country and solicited narratives from my survey respondents about their experiences as survivors who are also mothers.

At this point I have 80 narratives of mother survivors and I'm in the later stages of editing those narratives and writing my chapters around the narratives. I'm hoping to send that off for publication in the spring. So, I could foresee that kind of involvement in midwifery in terms of midwifery advocacy and advocating for women in that way.

> I'm sure a lot of people in the medical community must have a skewed vision of what a home birth is because the only time that they ever interface with it is when there's a transport, is when there's a problem. They don't know that we're out here doing many births that are going absolutely fine.

I'm real excited about this project. There are really good resources for survivors in general out there. I'm thinking of *Courage to Heal,* that kind of thing. But the motherhood piece hasn't really been brought to light. Being a survivor can raise a whole host of issues for women when they're mothers. It can affect their birth process. It can affect their breast-feeding relationship. It can affect their relationship with their children in terms of how they interact and how they feel about themselves as mothers and the kind of relationships with their significant others and all kinds of issues. I think it's really, really important to bring this more into consciousness, since the conservative estimate is that 38% of all women by the time they're 18 years old have had unwanted sexual contact. So it's a huge issue. So I feel really glad that this book's coming together and I'll be doing something to help give these women a voice.

BZ: It sounds like you've been working hard on it for quite a while.

Sperlich: I have been working very hard on it and it's just amazing stuff – the healing journeys of these women. It's just incredible what they've gone through to get the healing that they need in terms of their sexuality in order to become mothers; it's just really powerful. I'll be really excited to share that with everyone.

BZ: And your kids, how would you characterize their reactions to you as a midwife? Are they proud of you?

Sperlich: I think they are proud of me. I think they think it's pretty neat. I think they also sometimes hate it because of the sacrifices that they personally have had to make for midwifery. I've been called away from every major family event or celebration to go be with someone in labor and that's hard sometimes. I'm not the most domestic of mothers (laughs) as a result because I'm often not home. And so they've had to fend for themselves a little bit. So I think sometimes it's hard on them and they've certainly sacrificed too. But I think, overall, they're hopefully inspired by my commitment to it and that I am passionate about it. I think that that has been a good…

BZ: …model.

Sperlich: …model for them to have work that you're very passionate about and committed to, I think is a good thing to model to your children.

BZ: I think that's right.

Sperlich: Hopefully I've done that at least (laughs), haven't just annoyed them (both laugh).

BZ: Is there anything that I've not touched on that you really would want to make sure that I had asked you about?

Sperlich: I guess if you were just going to highlight anything that we've talked about; it's that whole issue about believing in women and encouraging women to trust in their bodies. I think that's really the centerpiece of midwifery. I've seen doctors in hospital settings who have had a midwife's heart in that way, too, and have believed in women and so I don't think that you necessarily have to have a homebirth midwife in order to achieve that, but certainly odds are good (both laugh).

BZ: That's great. That's a nice line to end with actually. Thank you, Mickey.

Sperlich: You're welcome.

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Acupressure, Reflexology & Shiatsu

Self-Acupressure with Wasentha Young • May 11, 6:30-8:30 p.m. • There are some easy steps that you can use to help relieve stress-related tension. Self-Acupressure will enable you to take an active role in your effort to reduce stress factors. Using your fingers to gently press the potent Acupressure points, your palms and mind to project soothing intent to the body, inside and out students will gain a deeper confidence, connection and understanding in their own ability to actively respond to the messages of their tensions. $60. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Acupuncture

Acupuncture: Time Proven Medicine with Allison Lee • May 2, 7-8:30 p.m. • This class will cover history of acupuncture, conditions for which acupuncture is useful, how acupuncture works and acupuncture in the context of both Chinese and Western medicine. $35. Call Walled Lake Community Education at 248-956-5000.

Animals & Healing

Introduction to Animal Communication with Marliesa Back • May 26 or June 23, 10-5 • This class covers the basics of interspecies telepathic communication. Learn techniques to send clearer messages to your animals and begin receiving messages back by working with a pendulum and with muscle testing. $80 with discount available for early registration. Call 428-1451.

Animal Communication with Marliesa Back • Aug. 5 and Aug. 6, 10-5 • On day one, we use guided meditation to learn simple, safe techniques and principles for telepathic communication with animals and humans, along with basic "psychic hygiene". One day two, we practice communicating with animals that are present, absent and transitioned and share experiences with the group. Some exposure to animal communication or other intuitive work is recommended. $150 with early registration discount offered. Call 428-1451.

Energy Healing with Animals with Ray O. Golden • June 24, 9-6 and June 25, 7-9:30 p.m.; July 22, 9-6 and July 23, 7-9:30 p.m. or Aug. 18, 9-6 and Aug. 20, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Artist's Way

The Artist's Way with Jill Blixt • 10 Mondays starting April 23, 6:30-9:45 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image-making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes suppers and art supplies. Call 665-4577.

Artist's Way Groups with Sue Webster McDonald • 12 Tuesdays starting late April • Class is based on Julia Cameron's now almost classic book on creativity, *The Artist's Way*. It is designed to foster the discovery and recovery of creativity both in terms of the arts and in life in general. It is appropriate for professionals and non-professionals. $25 per session, sliding scale. Call 747-9191.

The Artist Way Creativity Course with Andrew Taylor • Classes offered through Rec. & Ed. or directly with Andrew Taylor • The Artist Way Workshop is a time-tested, user-friendly, proven-to-work process. The best-seller self-improvement book by Julia Cameron is designed for both artist and non-artist. The book works under the encouraging and supportive principle that we are all created, creative beings. In a safe group setting, the course guides students along their life path. It helps them break through their creative blocks, systematically achieve their goals and in the realm of reality, create the lives of their most impassioned dreams. $10 per week. For independent classes, call 669-4262; drewman42@yahoo.com. For Rec. & Ed., call Sally Searls at 971-1280.

Photo by Neil Heidrich

Astrologer Bon Rose Fine:

I love how astrology has provided me with a philosophy which facilitates awareness of my experience and place in the universe. The planetary movements reflect patterns of our personal growth and evolvement. It's an honor and a joy when I'm able to use astrology to empower others, validating their ways of being. Astrology is a symbolic language, and I love being able to talk with and listen to others who understand it, and translate it for those who do not.

Assertiveness Training

Assertiveness Training for Women with Sandy Prochzaka • May 2, 7:15-9 p.m. • Learn how to express your beliefs, feelings and wants in an honest, direct and appropriate way in this theoretical and practical class. Common barriers to assertiveness will be discussed. You will receive starter exercises to take home and practice. $5. Call St. Joseph Mercy Health Line at 800-231-2211 or 734-712-5400.

Astrology

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) with B. Rose Fine • May 20, June 10, July 22, Aug. 26; 3:00-5:00 • This group is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics, and presenting special reports on matters of interest to astrologers. They are often joined at various times by longtime area professionals such as Richard Smoot and others. Astrologers of all levels welcome. Free. Call 434-4555; brosefine@aol.com.

Predictive Astrology: The Art of Discovering Central Themes with Richard Smooth sponsored by ASGOWC • June 3, 2-5 • Few things strike more fear in the hearts of astrology students than attempting to discern which predictive techniques produce crucial and predominant themes in their own or their clients' lives. This practical applications workshop will focus on determining how to discover the themes of future personal experiences, using transits, solar arc directions, secondary progressions and the solar return. $15. Call Richard Smoot at 484-1897 or Bon Rose Fine at 434-4555; smootfish@aol.com or brosefine@aol.com.

Understanding Sexual Dynamics in the Horoscope with Ricki Reeves sponsored by ASGOWC • June 23, 10-4 • Understanding one's own sexual needs and the needs of one's partner can be a daunting and intimidating part of any relationship. It can also be a mine field within an astrological consultation. This workshop introduces the nine components of sexuality: desire, technique, variety, communication, body image, romance, sensuality, intimacy and passion. We will identify their astrological indicators and discuss how to synthesize this information to assist our clients in this complex and most important part of life. We will also explore counseling techniques to assist in working with this extremely sensitive subject. $25. Call Bon Rose Fine at 434-4555; brosefine@aol.com or rickireeve@aol.com.

The Progressed Moon with Ricki Reeves sponsored by ASGOWC • July 14, 10-4 • The secondary progressed Moon provides important information regarding the unfolding personal development and changing needs of the individual. This workshop will explore the understanding and use of the secondary progressed Moon. We will focus on what happens when the secondary progressed Moon changes signs and/or houses, the impact of aspects it makes to natal planetary placements, lunar phases and how the secondary progressed Moon can be used with rectification and prediction techniques. $25. Call Bon Rose Fine at 434-4555; brosefine@aol.com or rickireeve@aol.com.

A Nice Venus Lecture with Bon Rose Fine sponsored by ASGOWC • July 1, 3-5 p.m. • The planet Venus represents the pleasure principle, attraction, love, beauty and sociability. This lecture is geared for the beginning/intermediate astrologer, and will provide a basic understanding of Venus' action, behavior and meaning in the natal chart, depending on her house, sign position and angular relation to the other planets. Attendees who preregister may receive a natal chart which will show their Venus placement. Tea and cookies served. $5. Call Bon Rose Fine at 434-4555; brosefine@aol.com.

Harmonics with Cynthia Cornell sponsored by ASGOWC • Aug. 12, 1-6 p.m. • Harmonics in astrology allows you to conceptualize planetary vibrations and get a bigger picture as to how planets' relationships with each other draw in more energies than the basic aspect they share. By choosing the vibration of a particular number (which relates directly to a particular aspect), you can determine various inner layers of a person to help them understand the areas of life in which they have great focus, as well as the areas they lack stability. This is an astrological tool that allows for judgment-free self-understanding, so we can thrive as the person we were born to be. The basics for computing harmonics charts manually and with a calculator will be covered. $15. Call Bon Rose Fine at 434-4555 or 517-372-4210; brosefine@aol.com or herachera@juno.com.

Bodywork

Rolfing: A Gentle Approach with Leland Austin • May 7, 6-8 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038.

Pilates Demonstration with Khita Austin • Presentations: May 8, June 5, July 10 at 7-8:30 p.m.; Ongoing mat classes: Tuesdays at 6 p.m., Wednesdays at 12:45 p.m., Thursdays at 6 p.m., Saturdays at 9:30 and 10:30 a.m. • The Pilates-based method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique. Presentation is free. Ongoing classes $15 each. Call 741-0038.

Rapid Eye Technology Lecture and Demonstration with Robert Hughes • May 6, 1:30-4 • Don't miss this opportunity to discover the profound ability of Rapid Eye Technology to heal physical and emotional stress. Completely safe and non-invasive technique creates renewed ease and centeredness. Free. Call 827-1443; robertkhughes@yahoo.com.

Discover Trager with Eileen Dickinson • May 10 or June 12, 7:00-8:30 p.m. • Introduce yourself to a new way of feeling and moving during this talk/demo on the Trager approach to bodywork and movement education. Learn self-care movements that promote effortless ease and softness in the body and mind. Free. Call 717-4145; edickins@umich.edu.

Feldenkrais: Awareness through Movement Class with Katherine Rogers • Six Mondays starting May 7 or July 16, 6:30-7:30 p.m. • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. Class is appropriate for all ages and physical conditions. $60. Drop-in $12. Call 971-5285; rogers@wccnet.org.

Move with Greater Freedom and Ease: A Feldenkrais Method Four Hour Intensive Workshop with Katherine Rogers • May 19, 9-1 • See above description. Doing an intensive workshop creates a saturation that can bring about profound changes in movement. $35. Call 971-5285; rogers@wccnet.org.

Alexander Technique: Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays at 7:00 p.m. or Saturdays at 2:00 • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free introductory class. Thereafter, $10 per class, $60 for five-hour weekend workshop. Call 665-0849.

Healing Water Therapy with Tom Egan • June 16, 1-3 • Settle into a warm 98 degree pool and get the opportunity to receive guided, intuitive, free flowing movements and healing energy work to help you soar into consciousness. Try out the benefits of healing warm water movement/energy sessions as they are demonstrated and experienced in this class. Individual sessions available. $10. Call 734-276-5677.

Alexander Technique Workshop with Alice Greminger • May 20, 1-3 p.m. • Alexander Technique is used by dancers, musicians, actors, athletes, and anyone else who wishes to improve their balance, release body tension, and improve physical performance in any activity. The technique uses our body's natural design for movement to correct and prevent injury, improve coordination, and free creativity. $15. Call Dance Gallery Studio at 747-8885; dancegallerystudio@ameritech.net.

Buddhist Teaching & Meditation

Tricycle Magazines's Annual Change Your Mind Day • Saturday, June 2, 10 a.m. - 4 p.m. at West Park • Sponsored by Jewel Heart, including teachers from Jewel Heart, Flaming Jewel, Karma Thegsum Choling, the Ann Arbor Zen Temple, Deep Spring Center, Stillpoint Zen Center, and others. A day of teachings and meditation, that will also include yoga, poetry and music. Call Jewel Heart at 994-3387.

The Princess and the Pea: Buddha's Best Secrets for Healing Wounded Hearts with Pamela Bloom through Church of Today • May 16, 1 and 7:30 p.m. • This well-loved fairytale gives us a starting point to explore the Buddha's advice for touching and healing our deepest emotional wounds. Free. Call 810-758-3050.

Guide to Bodhisattva's Way of Life at Jewel Heart • Tuesdays, 7:30 p.m. • These teachings are based on the text, *Guide to the Bodhisattva's Way of Life*, by 8th century author, Shantideva. A bodhisattva is one who has committed his/her entire life to becoming enlightened in order to help all beings become free from suffering. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Meditation at Jewel Heart • Sundays, 10-11 a.m. • Concentrated meditation, taught in the Tibetan Buddhist tradition, brings awareness while stabilizing the mind. A tamed and trained mind provides the ability to unshakably hold focus on any subject or object as well as serves as the basis for deeply integrating any realization gained through analysis. Open to all levels. Donations accepted. Call 994-3387; office@jewelheart.org.

White Tara Practice at Jewel Heart • Sundays, 11:15-12:15 (First Sunday Instruction: May 6, June 3, July 1, Aug. 5, Sep. 9) • White Tara practice is a meditation with visualization techniques focused on the healing and long life qualities of White Tara, the embodiment of enlightened compassionate activity. Instruction and guided meditation of this practice is offered each first Sunday of the month. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Odyssey to Freedom Audio Broadcast from Jewel Heart New York • Thursdays, 7:30 p.m. • The Lam Rim concentrated into an essential outline form, Odyssey to Freedom serves as a meditational point of reference, guiding us as we individually integrate the teachings of the Buddha into the everyday context of our contemporary lives. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Lam Rim with Sandy Finkel of Jewel Heart • May 20, June 24, July 22, Aug. 19, Sep. 30; 1:30-3:30 p.m. • The Lam Rim is the essence of all the Buddha's teachings laid out in a step-by-step fashion. Through analysis and meditation of its methods, one develops realistic tools to apply to the challenges of everyday life ultimately directed to the attainment of Buddhahood for the benefit of all. All welcome. Donations accepted. Call 994-3387; office@jewelheart.org.

Chenrezig and Amitabha Meditation with Ann Arbor Karma Thegsum Choling Members • Sundays, 10 a.m. • A chanting practice, Chenrezig is the Bodhisattva of compassion and Amitbha is the Buddha of boundless light. Free. Contact aaktc@yahoo com.

Dharma Discussion Group with Ann Arbor Karma Thegsum Choling Members • Thursdays, 7:30 p.m. • Weekly dharma discussions suitable for all levels of Buddhist practitioners. All are encouraged to participate. Free. Contact aaktc@yahoo.com.

Sitting Meditation with Ann Arbor Karma Thegsum Choling Members • Wednesdays, 7:30 p.m. • Silent sitting meditation. Basic instruction can be arranged. Free. Contact aaktc@yahoo.com.

The Crazy Wisdom Calendar

Buddhist Teachings and Meditation (continued)

Sunday Services at Zen Buddhist Temple • Every Sunday, Meditation Service 9:30-11 a.m. or Dharma Service 5-6:30 p.m. • All welcome. Morning meditation service consists of two periods of meditation followed by a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a talk. By donation.Call 761-6502.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays, 6:15-8:30 p.m. starting May 24 and July 5 • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 students.Call 761-6502.

Meditation Retreat at Zen Buddhist Temple • June 8-9, Friday 7 p.m. to Saturday 5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60.Call 761-6502.

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 13-14, Friday 7 p.m. to Saturday 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160. Call 761-6502.

14th Annual Summer Lecture Series: The Wisdom, Compassion, Tears and Humor of Buddhist Practice at Zen Buddhist Temple • 7:30 p.m. • July 10: Three women talk about how they developed an interest in Buddhism, made a commitment to Buddhist practice, and how they express this in their daily life. July 17: Three men relate how they developed an interest in Buddhism, made a commitment to Buddhist practice, and how they express this in their daily life. July 31: Buddhism and family life. $5 suggested donation. Call 761-6502.

14th Annual Buddhist Peace Camp through Zen Buddhist Temple • July 20-25 • Held at Friend's Lake, near Chelsea. Emphasizing peace, cooperation, mindfulness and fun. Vegetarian food. Children, parents, and other adults welcome. For more information, call 761-6502.

Healing Oneself and the World through Compassion with Traktung Rinpoche of Flaming Jewel Dharma Center • Monday, May 21, 7:30 p.m. at Crazy Wisdom Bookstore • In this evening event, Traktung Rinpoche will present simple, powerful and precise methods from the ancient system of Tibetan Buddhism for encountering the healing and liberating force of joy and love. These methods utilize breath, meditation, wisdom slogans, and visualization to awaken the heart of the Buddha within each of us. These methods are easy to learn and easy to put into practice in daily life. Free. Call 665-2456.

Dzogchen: The Pinnacle of All Paths with Traktung Rinpoche of Flaming Jewel Dharma Center • Monday, June 18, 7:30 p.m. at Crazy Wisdom Bookstore • The view, meditation and action of Dzogchen are the swiftest, most sublime, and powerful presentations of Buddhism in history. This path, which unifies wonder and awareness, defies the logic of delusion through the grandeur of indestructible simplicity. In this evening event, Traktung Rinpoche will share teachings and techniques from this pinnacle of Buddhist paths, focusing especially on the Heart Teachings of the mahasiddha Do Khyentse, of which Rinpoche is the incarnation. Free. Call 665-2456.

> to be nobody-but-yourself - in a world which is doing its best, night and day, to make you everybody else - means to fight the hardest battle which any human being can fight; and never stop fighting.
>
> - e. e. cummings

Blazing Wonder and Joy with Traktung Rinpoche of Flaming Jewel Dharma Center • Aug. 17-25 • The annual Flaming Jewel summer retreat is a chance to encounter the teachings and methods of the Nyingma lineage, the oldest and original school of Tibetan Buddhism. In a one week residential retreat, Adzom Rinpoche and Traktung Rinpoche create a profound environment of spiritual transmission and empowerment. Each year's retreat is complete in and of itself, and does not require previous participation. This 12th annual retreat will focus on the practices of Yeshe Tsogyel from the Tsogyel Nyingthig and the Longchen Nyingthig. For advanced practitioners and beginners alike, this is a rare and precious opportunity to study with two highly accomplished Lamas whose western background allows them to make the subtle teachings of Vajrayana accessible to all. $550. Call 665-2456.

Day Long Meditation Retreat with Parang Geri Larkin of Still Point Zen Buddhist Temple • May 5, June 2 or July 7, 9-4 • A day long meditation retreat with lunch included. Participants will do periods of silent sitting and walking meditation as well as some work practice. $45. Call (313) 831-1201.

On Forgiveness Seminar with Parang Geri Larkin of Still Point Zen Buddhist Temple • May 19, 1-4 • Dealing with forgiveness and the healing it can bring. $30. Call (313) 831-1201.

5 Day Zen Meditation Retreat with Parang Geri Larkin of Still Point Zen Buddhist Temple • June 28-July 2 • Zen meditation at Windrise Center. $45 per day includes meals. Call (313) 831-1201.

Ceremonies, Celebrations & Rituals

Sunday Candle Lighting Ceremony at Lighthouse Center • Weekly, 6:00-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations and visualization. Reiki healing during meditation for all who wish it. Free. Call Prachi at 449-4381.

Planetary Healing Circle with Craig Harvey • Wednesdays, 3-4 p.m. at Crazy Wisdom Meeting Room • This is a silent, unguided meditation to generate healing energy to promote the emergence of harmony, joy, creativity and love around the world. Free. Call 971-8576; harvey@ic.net.

Full Moon Gatherings with Bronwen Gates • May 6 and June 5, 8 p.m. • Gather with other women to honor the full moon and the grandmothers, weather permitting. Sing your song and voice your silence. Free. Call 769-9014; bronwild@aol.com.

Beginner's Fire Ceremony with Mateyo Empie • May 16, June 20, July 18, Aug. 15; 7:30-10:00 p.m. • The fire ceremony is the most effective and fun way to heal ourselves and change our internal and external worlds. Beginners welcome to join us in this energetic and symbolic working drawn from Peruvian traditions that reconnect us with our Deep Selves and release restorative forces, producing immediate and practical changes in our lives. A potluck follows. $27 at the door, plus a nonperishable food donation to be given to a local food drive. Call 663-5505; snakewillo@aol.com.

EarthWalk Spiritual Community Worship Service with Dawn McClain • Fourth Sunday of each month, 10:30-Noon • Worship service led by Dawn McClain, apprentice to EarthWalk Minister Lorraine Weber. Come celebrate the dance of Spirit, self and community! Bring an item for the community altar (to be returned at the end of the service). By donation. Call 971-8576; lifelover55@hotmail.com.

Memorial Day Meditation Service with Chetana of Lighthouse Center • May 28, 7-9 p.m. • At this service, we will light candles for all loved ones who have transcended. We will also have chanting, meditation and prayers. Pot luck after the service. Free. Call Prachi at 734-449-4381.

Summer Solstice Celebration with Esther Kennedy, Kathleen Schanz and Jeanne Mackey through Weber Center • June 21, 7:30-9 p.m. • As we light the Solstice Fire, we will consider our place as human beings within the exquisite web of life and how to live in communion with all creation. Come with a poem, song, story or reflection to share. Donations accepted. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Summer Solstice Ritual at Botsford Recreational Preserve with The Druids of Shining Lakes Grove • June 23, 2-5 p.m. • Join us as we welcome the summer and honor our primal father Bel and primal mother Danu. Free. Call Rob Henderson at 487-4931; robh@cyberspace.org.

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 12 and 13 • Open to all. The events in the 12th annual Buddha's Birthday Celebration honor the birth of Sakyamuni Buddha 2545 years ago. This is the most festive and important Buddhist holiday. Cafe and Buddhist book sale (new and used) on Saturday and Sunday afternoons. For complete information, call 761-6520.

May 12:

Children's Service at 11 a.m. • This is a special service for children with their families and friends, focusing on the traditional Bathing of Baby Buddha. Everyone can participate. Refreshments available.

Blessing Service for Children at 12:30 p.m. • By appointment.

First Annual Buddha's Birthday Poetry Event at 2:30 p.m. • There will be writing, reading and performance on the theme of awakening.

Festive Evening Celebration at 6 p.m. • Vegetarian hors d'oeuvres and dessert buffet extraordinaire will be served followed by juggler Jonathan Park, American Buddhist music, Irish fiddling and more. $10 for adults, $7 for students, $25 for families in advance.

May 13:

Religious Service at 9 a.m. • Begins with silent meditation, followed by a service to renew our commitment to the Buddhist path. Includes musical offerings.

"Human Rights in the Holy Land: Not Closing to Pain and Keeping Sanity as a Buddhist" at 1 p.m. • A firsthand account by Sandahwa Karen Kennedy, Coordinator Assistant for Israel and the Occupied Territories, Amnesty International. Presented by Buddhist Movement for Peace and Justice.

Introduction to Zen Meditation at 3 p.m. • An opportunity to learn more about Zen meditation. This talk and demonstration held in the Temple meditation hall.

Dedication of Lanterns and Chanting Service at 7:30 p.m. • As a conclusion to the weekend celebration, all are invited to offer delicate pink lotus lanterns dedicated to family and friends and all of those we care about who need encouragement and love, and for peace and happiness in the world.

Liberation of Life Service and Sangha Picnic with Zen Buddhist Temple • June 16, 11 a.m. • Annual ceremony which reminds us of the First Precept (not to harm, but to cherish all life) and of our kinship with all beings - followed by a potluck picnic at Friend's Lake near Chelsea. Call 761-6520.

Celebrate Summer Solstice: A Ritual led by Leigh Daniels at Crazy Wisdom • June 22, 8 p.m. • All are welcome to attend. Free. Call 483-2334.

eltic Summer Solstice Tree Festival with Jill Kelly at Upland Hills Ecological Aware-ss Center • June 22, 7 p.m. • A beautiful country location, medicine wheel and forest ovide the setting for this summer Solstice gathering. The evening will be facilitated by Jill elly, long time scholar of Celtic tradition. Please join us for tree lore, Celtic artwork, cer-nony and a potluck feast! Donations accepted. Call Jill at 248-814-6749 or EAC at 248-693-)21.

amas Celebration at Crazy Wisdom with Bronwen Gates and Helen Slomovits • hursday, August 2, 8:00 p.m. • All Are invited. Free. Call 995-8758.

Channeling

rystal Clear Expressions Channeling Evening: Messages for the Millennium with Nanci ose Gerler • May 7, June 4, July 2, Aug. 6; 7-9 p.m. at Crazy Wisdom Meeting Room • sychic Nanci Rose Gerler channels messages of personal empowerment and spiritual uidance for this era of change. Receive inspiration and healing energies from angels and aster, designed to resonate deeply with each in attendance. $12. Call 996-8799.

pen House Channeling Sessions with Aaron through Deep Spring Center • May 9, May 0; 7:30-10:00 • Aaron is a Being of Light, a deeply loving and wise spirit who teaches with umor and compassion. He is channeled throughout the world by Barbara Brodsky. At each eekly session, Aaron will give a talk and there will be a time for questions and answers as ell as a social period. Donations accepted. Call 971-3455.

inding Your Soul Mate with Shala Kilmer • June 23 or Aug. 18; 10-5 • You will receive a etailed channeled reading describing your soul mate and what you can do to speed the process f meeting. Much more information from channeled sources on soul mating. $140. Call 248-58-8287; kilmersh@hotmail.com or www.intuitionpath.com.

ight Transmission with Sandra Shears • Third Sunday of most months • Geared towards ghtworkers, pure light frequencies are transmitted which focuses on group energy with group tent, uplifting both self and humanity. $30. Call 663-6440.

Childbirth

renatal Yoga with Marlene McGrath through Inward Bound Yoga • Fridays, 9-10:30 m. • For complete information, call 930-1970; mgrath@umich.net.

olistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Vednesdays, June 13-Aug. 1; 7-9:15 p.m. • Share in a midwife's experience with normal rth. Seven-week series prepares woman and her partner for birth at home or in the hospital. arents are encouraged to prevent complications and make informed choices. Suggestions garding the safe use of herbal, homeopathic and other natural therapies are included. $175 r couple. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

oula Skills Training and Certification with Patty Brennan of The Holistic Midwifery nstitute • June 21-24, Thursday from 6-10 p.m. and Friday-Sunday from 9-5 p.m. • ecome a Professional Birth Assistant. This class prepares you to provide sensitive, knowl-dgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics nclude labor support strategies, holistic therapies for doulas, labor massage, essential commu-ication and advocacy skills, breastfeeding support and more. Benefit from association with an stablished local Doula Referral Network. No previous medical training is required. $350 or 315 if paid by May 31. Call 663-1523; patty@holisticmidwifery.org or ww.holisticmidwifery.org.

Chiropractic

he Chiropractic Approach to Whole Health Healing with Dr. Andrea Galley through eople's Food Co-op • June 19, 7 p.m. at Crazy Wisdom Meeting Room • Join Dr. Andrea alley for a basic review of anatomy and physiology, including an explanation of how a isalignment of the spine can affect you and your health. Free. Call 994-4589; pfc@izzy.net.

Complementary and Integrative Medicine

ommunity Supported Anthroposophical Medicine 2001 Summer Therapeutic Retreat at ake Huron Retreat Center in Lakeport, Michigan with Doctors Quentin McMullen and olly McMullen-Laird • Aug. 17-31 • Experience a healing environment European style, ased on the Anthroposophical medical guidelines of scientist and philosopher Rudolf Steiner. atients will have the individual attention of both doctors in addition to artistic therapy, urythmy, speech therapy and nutritious meals based on the Lukas Klinic in Arlesheim, witzerland. Appropriate to individuals in recovery from cancer, chronic fatigue syndrome, bromyalgia, arthritis, chronic back pain and open to anyone desiring a restorative regimen to eir general health. Fees cover all therapies, remedies, meals and lodging. $1800 triple ccupancy, $2200 double, $2600 single. Call 734-677-7990; fax 734-677-7991; sammed@aol.com.

Vomen's Health Class with Jani Thomas • Aug. 25, 2-3:30 • Informative session about lternative treatment in women's health. $20. Call The Homeopathic Clinic at 477-0331.

ntroduction to Programs: 1) ADD, ADHD, Dyslexia and Learning and 2) Eating isorders with The Homeopathic Clinic - Donna Biederman, Barbara Hutton, Jani homas • May 12, 2-4 p.m. • This is an introduction of our two programs that approach these ealth issues from a comprehensive use of alternative therapies. Free. Call 477-0331.

Photo by Neil Heidrich

Chiropractor Rob Koliner:
First and foremost I love the people I serve, most of whom I would choose as friends. I look forward to coming into work just to see them. I also love chiropractic, utilizing Bio-Geometric Integration (BGI) and Nambudripad's Allergy Elimination Technique (NAET) since it fits my personal philosophy. I choose not to fix anyone as I already see them as being whole with nothing needing to be fixed. I just remove the blockages so people can express their full potential and live! I can't think of a better way to serve my community.

Lecture on Auto-Immunotherapy for Cancer, Lupus, Hepatitis, MS and Other Viral Diseases with M.N. Ozdalgar • June 2, 2-3 p.m. • Dr. Ozdalgar pioneered this Auto-Immunotherapy vaccination treatment in 1961. He has continued to work with cancer patients and others with viral diseases with success. $20. Call The Homeopathic Clinic at 477-0331.

Conferences, Fairs & Festivals

A Gathering In Spirit Weekend Mini-Sampler with Brenda Morgan and Friends • June 2 and 3, 11-7 • A weekend of fun and learning with local and national metaphysical healers, helpers and artisans that are presenters at A Gathering In Spirit Summer Retreat Programs. Mini-talks, presentations, spiritual comedy theater ("A Day in the Life of Egos!") and private sessions will be available. $5 entry fee. Call Susan at 665-0536.

Lughnasadh Festival at Emrich Conference Center, Brighton with The Druids of Shining Lakes Grove • Aug. 2-5 • A four-day festival and Ar nDraiocht Fein Lughnasadh ritual combined. From opening to closing, we will be celebrating and honoring our Gods in the sacred space of the festival with our games, our talents and our wits! A truly unique event. Featuring main rite of Lughnasadh, the legendary feast and auction, games for grove champion, Sumbel ritual, pagan arts and crafts, talent fest, fools' competition, merchant tables, bardic dumming circle, guild presentations and guild workshops. $15-$25 for one day or $40-$75 for weekend. Call Rob Henderson at 487-4931; robh@cyberspace.org.

2nd Annual Ring: Women's Mind, Body and Spirit Retreat at Saginaw Valley State University, Creative Spirit Center • June 22 at 1 p.m. through June 23 at 9 p.m. • The retreat features interactive workshops including journaling, Feng Shui, Tai Chi, the labyrinth, codes of identity, women in art, mothers and daughters, American Indian traditions, song and more. Also included are personal services, fine entertainment, food and accommodations, labyrinth experiences and more. $175 and up. Call 517-790-4475.

Crystals & Crystal Healing

The Spiritual Geography of Stones and Minerals with Susan Fancy • Aug. 17, 7-9 p.m. • Introduction to the usage of stones and minerals in healing. The supportive energies from commonly available stones and minerals will be explored as well as techniques for using them personally and in the home. $20. Call 665-0536.

The Crazy Wisdom Calendar

Dowsing

Accessing Guidance: An Introduction to Dowsing and Kinesiology with Bronwen Gates • June 12, 19, 26; 7-9 p.m. • This class introduces you to dowsing and kinesiology as ways to access the abundant guidance that is constantly available to you, and how to ask good questions as a prerequisite to getting good answers. $72 or $54 if prepaid by June 5. Call 769-9014; bronwild@aol.com.

Dreams & Dreamwork

Leila Circle with Suzanne Eastman • May 11; 7:30-10:30 p.m. • Discover common archetypes; uncover your personal dream symbols. Reenact puzzling dreams through psychodrama or reenter the dream through shamanic trance. $25. Call 665-9588; suzanne@home.msen.com.

The Spiritual and Healing Power of Dreams with Rebecca Mullen • Mondays, 7:00-9:30 • Dreams are shared among participants. Each dream has significance for each member, speaking as it does from the personal to the collective. Each member participates in each person's dream. $5 per session. Call 662-5925.

Druidry

Coffee Hour at Borders Arborland with The Druids of Shining Lakes Grove • 7-9 p.m. • Join us for coffee and discussion. Free. Call Rob Henderson at 487-4931; robh@cyberspace.org.
May 31: Pagan Wedding Ceremonies
Jun. 28: Solar Deities
July 26: Pagan Fiction
Aug. 30: The ADF Dedicant Program

Drumming

Drummunity Circles-Community Drum Circles led by Lori Fithian • Thursday, May 31, and Friday, June 21, 7 p.m., at Crazy Wisdom. Other dates TBA • Community drum circles for everyone. No experience or drum needed. Send an email to be added to the list to find out when the next circle is. For more information, call 426-7818; lfith@yahoo.com.

Womyn's Drum Circle/Class with Lori Fithian • Ongoing Mondays, 7:30-9:00 p.m. • Learn to play hand drums and percussion and get in touch with your rhythmic spirit! $10 each night. Call 426-7818; lfith@yahoo.com.

> Be patient toward all that is unresolved in your heart and try to love the questions themselves...
> - Rainer Maria Rilke

Drum Class from the Motherland with Ryan Edwards • Thursdays, 6-8 p.m. • Join us every Thursday for a fun, ego-free and educational drumming experience. Each class covers various West African rhythms, their cultural significance as well as songs. $10 per drop-in. Call 827-2764; likewaterdrumworks@hotmail.com.

Drumming Circle with Carol Jacobs • May 18, June 15, July 20, Aug. 17; 8 p.m. • An evening of spiritual fellowship and free-style drumming based upon Native American traditions. Extra instruments are available. No drum or drumming experience needed. Drumming will be outdoors, weather permitting. Free. Call 734-327-0502.

Resonance and Rhythms Workshop with Judy Piazza through Weber Center • July 20 at 7:30 through July 22 at 1:00 p.m. • You'll experience indigenous singing (a transcultural approach to freeing the voice using tone, chant, song and harmonic overtones), a multi-dimensional approach to drumming and the power of pulse, the lure of timbral change and a healing sound circle. All drums and percussive instruments welcome. We'll draw from rhythms around the world as well as play from our center, exploring new gateways to freedom, joy and expression. $150 includes Friday night concert. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

DrumWomyn: An Orchestra of Drums with Deb Hillebrand • First and third Sundays of each month • This group recognizes and celebrates the special connection between women and the drum, providing diversified experience with the drum. Membership fee. Call Sandra at 663-6440.

Energy Healing & Esoteric Anatomy

Introduction to Spiritual Anatomy with Dr. Linda Sayer and Elizabeth Alberda • Aug. 27, 7-9 p.m. • An opportunity to experience Spiritual Anatomy, a year-long study to learn the relationship and integration of our anatomy energized by a spiritual force, to create balance within your earth body and with the earth and others. $20 for introduction. Call 677-1900.

Exercise & Fitness

Walk This Way through St. Joseph Mercy Health • May 5, 8:15 a.m.-Noon • Join us to learn the basics in a walking and conditioning program. Come dressed to actively participate and wear your walking shoes! You will learn and practice how you can improve your flexibility through stretching, increase your stamina and balance through strength training and select the right shoes for your personal walking needs. Don't miss this opportunity to get a jump on summer fitness! $20. Call 800-231-2211 or 712-5400.

Deep Stretch with Cathy King of Inward Bound Yoga • Wednesdays, 4:30-5:30 p.m. • For complete information, call 517-592-8017; kingcm@dmci.net.

Kegels Plus: A Monthly Pelvic Floor Exercise Class with Nancy Denenberg • May 14 or June 4, 7-8:30 p.m. • Kegels are especially beneficial for those who are pregnant, post-partum or having problems with urine leakage or back pain. This class will discuss the anatomy of the pelvic floor muscles and how best to exercise and relax them, in isolation and combined with other exercises. You will learn several strategies for doing your Kegels so that you can choose what works best for you. $12 per class. Call 761-1514; nancyd@corsa-inst.com.

Fathering

Boot Camp for New Dads through St. Joseph Mercy Health • May 8, 6-9 p.m. with Pete Beyer; May 10, 6-9 p.m. with Michael Fuller; June 16, 9-Noon with Roderic Collins; Aug. 11, 9-Noon with Michael Fuller • This class is designed for first time fathers of all age! You'll learn lots of practical information on parenthood, baby care, becoming a family and supporting the new mom. You'll even get hands on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. Taught by MEN! $20. Call 800-231-2211 or 712-5400.

Feng Shui

Cultivating and Enriching Your Personal Chi and Body Image through Feng Shui of Clothing with Wendy Warrick at the Crazy Wisdom Meeting Room • May 16, 7:00-9:00 p.m. • What clothes or clothing styles best activate your personal chi or life energy? How can you use color in your wardrobe to raise the chi in your daily life? Using the 5 elements theory and my intuitive abilities with color and style, we'll come up with a personal style for each participant. $30. Call 913-9619.

Developing Feng Shui Feelers with Wendy Warrick at the Crazy Wisdom Meeting Room • July 11, 7:00-9:00 p.m. • Feng Shui is a blend of the rational and mystical. Get ready to jump off into the mystical with training to build intuitive skills specific to Feng Shui. Learn methods to help you sense - feel the quantity, quality and flow of chi (life force) in places and objects, enabling you to add more accuracy and perception to your Feng Shui knowledge. $30. Call 913-9619.

Feng Shui for Realtors and Homebuyers with Wendy Warrick at the Crazy Wisdom Meeting Room • Aug. 15, 7:00-9:00 p.m. • What should you look for in a new house if you'd like to increase your potential for health, prosperity and happiness? What can realtors look for to find just the right home for their clients? Feng Shui can help you find a house that does more than meet your functional and aesthetic needs through careful consideration of architectural style, site, surrounding buildings, compass points and layout. $30. Call 913-9619.

Flower Essences

Faerie Flower Magic Potions with Bronwen Wildflower Gates • Second and Fourth Tuesday of each month, 7 - 10 p.m. in the Crazy Wisdom Tea Room • Bronwen Wildflower Gates is offering the opportunity to recieve your own customized Faerie Flowers essence blend and mini-reading. A 25 minute appointment with "Magic Potion" is $25. Call 769-9014.

What You'd Like to Know About the Art and Science and Magic of Flower Essences: A Flower Essences Intensive with Bronwen Gates • Saturday and Sunday, June 30 and July 1, 10 - 5 p.m. • A chance to engage deeply in the magic and mystery of flower essences and their healing gifts for you for two whole days - or only one, if space permits. The first day we'll start with an overview of flower essences and their evolution, beginning with the original Bach flower essences and new ways to use them based on the body maps and soul tracks of Dietmar Kramer, and then moving into an exploration of the Mother Essences, the Flower Essence Society essences, and the current explosion of flower essences. The second day we will explore the use of dowsing and kinesiology in essence selection and co-creative partnership with nature. We'll learn about the work of Machaelle Small Wright of Perelandra, the Seven Sisters Essences, and explore the Faerie Flowers and the continued evolution of flower essences, and the role of co-creation magic in our lives. $135 two weeks in advance, $81 per day if available. Late registration $150/$90. Call 769-9014.

Australian Bush Essences with Ian White • May 24, 7-10 p.m. at Crazy Wisdom Meeting Room • Ian White will discuss the healing and spiritual power of his remedies. The talk will include the newest research and insights on how to achieve emotional and physical well being through the use of the Bush Essences. It will be a practical and entertaining evening with visual slides of not only these unique flowers, but also diverse and stunning landscapes in which the flowers are found. $30 or $25 if prepaid. Call 769-9014; bronwild@aol.com.

> The woods would be very silent if
> no birds sang except the best.
> - Yiddish Proverb

Gay & Lesbian

Toward Understanding: Nonviolent Communication about Sexual Orientation and Gender Identity with American Friends Service Committee, Lesbian/Gay/Bisexual/Transgender Issues Program • May 12, 9:00-5:00 and May 13, 1:30-5:30 • The workshop teaches a verbally nonviolent approach to communication with those we disagree with or who "push our buttons". This non-combative process nurtures the opening of hearts and minds while allowing everyone to retain their dignity and principles. We welcome participants of all sexual orientations, gender identities, racial/ethnic backgrounds and religious/spiritual traditions. $10-$100 sliding scale. Call Jan Wright or Yes Iman Jihad at 761-8283; jwright@afsc.org.

Gay Men's Group with Robert Dargel • Two Tuesdays per Month, 7:30-9 p.m. • Gay men's psychotherapy group with a focus on various issues relevant to gay men, including self esteem, relationships, internalized homophobia, assertiveness and social skills. $45 per group with insurance accepted. Call 975-1880; rhdargel@aol.com.

Gay Married Men's Group with Robert Dargel • Time and date TBA • Group to assist married men who are gay or bisexual in managing the unique challenges of remaining married. $45 per group with insurance accepted. Call 975-1880; rhdargel@aol.com.

Healing

Whole Person Healing with Gabriel Cousens • May 23, 7-10 p.m. • Join Gabriel Cousens for a deeper understanding of the effect of diet on the body-mind-spirit, from biophysics to metaphysics. Discover the importance of how to successfully individualize your live-food diet according to your own individual biochemistry and psycho-physiological constitution, supporting yourself in achieving radiant vitality. Dr. Cousens introduces his breakthrough concept of the "biologically altered brain" - a state in which brain chemistry and brain physiology are altered by generations of poor diet and prescription and illicit drugs so that the brain's pleasure centers are diminished in their functioning. Includes question and answer session. $30. Call Ray O. Golden at 663-9724; intuitivehealth@aol.com.

We are All Healers with Bronwen Gates • June 11, 6:30-9:30 p.m., at Crazy Wisdom Meeting Room • This class engages an inner map of healing ways to access consciously your own healing ability for self and others. Whether on a path of health creation or of dealing with a health challenge, this hands-on class will give you the experience of unlocking and engaging your inner healer to create and allow healing in whatever area of your life. $35 or $30 prepaid. Call 769-9014; bronwild@aol.com.

Herbs, Plants & the Garden

How to Talk to Plants and Avoid Giving the Impression of Lunacy with Linda Diane Feldt • May 1, 7:30-9:30 at Crazy Wisdom Meeting Room • This will be an evening to explore our relationship with plants, both practical and unusual. We'll discuss ways that plants can communicate how they can be used. Skeptics welcome! This class is part of the Herbal Wisdom series sponsored by People's Food Co-op. Free. Call Jessica at 994-4589; jcstanto@umich.edu.

The Immune System with Linda Diane Feldt • June 5, 7:30-9:30 at Crazy Wisdom Meeting Room • There are herbs in abundance that support the immune system. You will learn the difference between herbs that stimulate and herbs that nourish the immune system. We will discuss long term strategies for a healthy immune system as well as quick help for acute needs. This class is part of the Herbal Wisdom series sponsored by People's Food Co-op. Free. Call Jessica at 994-4589; jcstanto@umich.edu.

Herbs In Season Now with Linda Diane Feldt • July 3, 7:30-9:30 at Crazy Wisdom Meeting Room • This will be an evening to discover what popular herbs may be growing right outside your door. Come learn what the plants look like and how to use them. This class is part of the Herbal Wisdom series sponsored by People's Food Co-op. Free. Call Jessica at 994-4589; jcstanto@umich.edu.

Herbs in the News: Gain a Greater Understanding of St. John's Wort, Echinacea and Gingko with Linda Diane Feldt • Aug. 7, 7:30-9:30 at Crazy Wisdom Meeting Room • Been hearing and reading a lot about medicinal herbs, but still have some questions? Come learn more about these three popular herbs, including how to buy them and proper uses. This class is part of the Herbal Wisdom series sponsored by People's Food Co-op. Free. Call Jessica at 994-4589; jcstanto@umich.edu.

Mushroom Hunt with Michigan Mushroom Hunters Club • May 20, 10 a.m. • Maybe we'll find oyster mushrooms! Join us for a morning hunt at Proud Lake State Park. Free for first-time visitors. For complete information, call Margie Guyot at 248-476-3251; mushroomwoman@peoplepc.com.

Mushroom Hunt with Michigan Mushroom Hunters Club • June 24, 10 a.m. • Maybe we'll find chanterelles! Join us for a fun morning in the woods at Silver and Crooked Lake Metropark. Free for first-time visitors. For complete information, call Phil Tedeschi at 734-426-6182; philt@umich.edu.

Mushroom Hunt with Michigan Mushroom Hunters Club • July 14, 10 a.m. • Join us for an interesting morning at Waterloo Recreation Area. Depending on weather, who knows what we'll find? Free for first-time visitors. For complete information, call Ken and Marti at 971-2552; kwee@umich.edu.

Mushroom Hunt with Michigan Mushroom Hunters Club • Aug. 26, 10 a.m. • Maybe we'll find chicken-of-the-woods, maybe the "dancing mushroom". Come prepared for a good hike in the woods. Free for first-time visitors. For complete information, call Peter Holmes at 734-483-0290; pholmes@online.emich.edu.

Plants as Food and Medicine: A Spring Herbal Intensive with Bronwen Gates • June 16 and 17, 10-5 p.m. • A chance to meet with other plant lovers, beginning or experienced, and have fun discovering what you already know, but didn't realize, while learning more about the wonderful dance of delight between plants and our bodies. This intensive will give hands-on experience of how to use plants externally and internally for health and healing, together with an overview of herbal actions, and an exploration of herbal allies for each of the body systems. $150 per weekend or $90 per day if available with early payment discount offered. Call 769-9014; bronwild@aol.com.

Holistic Health

Holistic Solutions for Insomnia with Michele Loewe, Melissa Sklar and Angela Bourgeau • Saturday, May 12, 2 - 4:15 p.m. • Separate lectures will be given on naturopathic approaches to insomnia, improving sleep with EEG Biofeedback, and Massage for balancing the nervous system. Free. Call Dr. Michele Loewe at 975-2470.

Holistic Solutions for Headache Relief with Michele Loewe, Melissa Sklar, and Angela Bourgeau • Saturday, June 9, 2 - 4:15 p.m. • Individual lectures given on the following topics: natural medicine for migraines; gaining control of migraines with EEG Biofeedback, and Headache and TMJ relief and Massage. Free. Call Dr. Michele Loewe at 975- 2470.

Detoxification: How It Affects You from Head to Toe with Darren Schmidt • May 8, 7-8:30 p.m. • Concepts that will be explained include how your body detoxifies naturally, what prevents it from detoxifying, and why detoxification is the logical first step in reversing chronic illness. The earth and our bodies have never been more polluted; find out if you need to be cleaned out! Free. Call 302-7575; drschmidt@wholisticdoc.com.

Headaches Uncovered with Darren Schmidt • June 12, 7-8:30 p.m. • There are many different causes of headaches. Here are some that will be explored: migraine, tension, allergy, sinus and hunger headaches. Rather than treating just the pain, find out what the cause of your headache is and get to the root of the problem. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Yogic Diet and Cleansing with Ema Stefanova • May 5, 3-6 p.m. • Intro to yogic diet and cleansing recommended for heath and suitable for practicing particular types of yoga - traditional yoga cleansing techniques will be explained. Serious candidates will be scheduled for cleansing appointments as soon as May 6. For cost, call 665-7801.

Yogic Management of Allergies with Ema Stefanova • May 26, 3-6 p.m. • Simple yoga cleansing and other yoga techniques will be demonstrated and explained for relief from seasonal and other allergies. An easy to do, non-chemical way of feeling better. For cost, call 665-7801.

Daily Techniques to Improve Your Health with Donna Biederman • June 9, 2-3:30 p.m. • Demonstrations of daily techniques that will help improve your health and well being. Information will include exercises for the eyes and for balance, the use of color, sounds and gemstones, as well as other techniques. $20. Call The Homeopathic Clinic at 734-477-0331.

How to Maximize Your Inborn Potential! with Dr. Barry Hobbs • May 17, 7:30 p.m. at Crazy Wisdom Meeting Room • Learn about the innate power that is within all of us. Find out how you can remove obstacles from having your body function 100%. Then continue to tap into the power of the body. Free. Call 734-416-2442; drbhobbs@aol.com.

How to Manage Diabetes and Other Endocrine Disorders with Dr. Barry Hobbs • June 12, 7:30 p.m. • Learn about the endocrine system and its relationship to the human body. Learn about the endocrine diseases such as diabetes and its treatment and prevention. Free. Call 734-416-2442; drbhobbs@aol.com.

Fibromyalgia: A Special Report with Dr. Barry Hobbs • June 7, 7:30 p.m. at Crazy Wisdom Meeting Room • Learn about risk factors, prevention and treatment of fibromyalgia. New research on the cause of fibromyalgia will be discussed. A must attend workshop for anyone with this condition. Free. Call 734-416-2442; drbhobbs@aol.com.

Ritalin: Is it Safe? Is it Necessary? with Dr. Barry Hobbs • Aug. 28, 7:30 p.m. at Crazy Wisdom Meeting Room • Is your child on Ritalin or other drugs for ADD/ADHD? Do you think your child might have ADD/ADHD? Are you looking for alternatives to drug therapy? Attend this special workshop on ADD/ADHD, Ritalin facts and alternative choices. Free. Call 734-416-2442; drbhobbs@aol.com.

The Crazy Wisdom Calendar

Homeopathy

The Homeopathic Kit: What It Is and How To Use It with Mary Tillinghast sponsored by Castle Remedies • Section B: May 3 and 10, 7-9 p.m.; Section C: May 26, 1-5 p.m.; Section D: June 16, 1-5 p.m. • The Kit is a workshop covering the most frequently asked questions about homeopathy as regards its theories, principles and practical applications. The main focus of the class will be on how to use the remedies in the Castle Remedies' Home Care Kit. Having a kit is recommended and a class manual with handouts will be provided. Space is limited. $55. Call 973-8990.

Vaccine Choices, Homeopathic Alternatives and Parental Rights with Patty Brennan through Holistic Midwifery Institute • May 30, 7-9 p.m. • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often not recognized) right to informed refusal of vaccines. Topics include vaccine choices, the use of homeopathy to prevent and treat vaccine reactions and treat adverse reactions and the diseases themselves, enhancing the immune system naturally and claiming your legal rights. Free. Call 663-1523; patty@holisticmidwifery.org.

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan through Holistic Midwifery Institute • June 2, 9-4 p.m. • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fever, ear infection, growing pains, sports injuries and emotional imbalances. $85 per family. Call 663-1523; patty@holisticmidwifery.org.

Open House at The Homeopathic Clinic • July 21, 1-4 • Come see demonstrations and discussions of auricular therapy, clinical homeopathy, hypnotherapy, craniosacral therapy, electro-dermal screening, nutritional counseling and auto-immunotherapy. Free. Call 477-0331.

Homeopathic First Aid Class with Franca Gardner • May 26, 2-3:30 • Learn about homeopathic remedies and things around the house for common ailments of everyday life for the entire family: allergies, common colds, earache, flu, bumps and bruises and upset stomach. $20. Call The Homeopathic Clinic at 477-0331.

Hypnosis & Hypnotherapy

Hypnosis for the Health of It with Lucinda Orwoll and Eileen Bond • May 20, June 3 or July 15; 3-5 p.m. • In this one-day class, learn what hypnosis is, why and how it works. Learn what an induction and trance are and the benefits of hypnosis for mind, body, spirit. We will help hypnotic ability. $20. Call 668-1040.

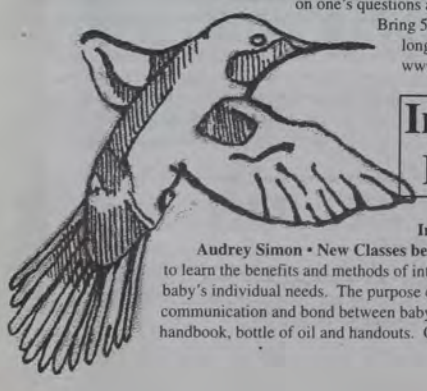
Intro to Hypnotherapy for Stress and Anxiety with Barbara Hutton • May 19, 2-3:30 • Introduction to hypnotherapy processes for stress/anxiety easement, inner peace and wholeness. Useful tools that one may use to obtain these goals will be presented. $15. Call The Homeopathic Clinic at 477-0331 or 484-1464.

Introduction to Hypnotherapy to Heal Emotional Wounds with Barbara Hutton • July 19, 7-8:30 p.m. • Tools to heal your emotional wounds will be presented. $15. Call The Homeopathic Clinic at 477-0331.

Introduction to Hypnotherapy to Open Up Your Creativity with Barbara Hutton • Aug. 16, 7-8:15 p.m. • This class will focus on hypnotherapy processes that will help you to become more creative. $15. Call The Homeopathic Clinic at 477-0331.

The I Ching

I Ching (Stick Method) with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • June 8, 6:30-8:30 p.m. • The I Ching (Book of Changes) is the root and foundation of all the philosophies and traditional practices of the Chinese culture. It is a book of oracles that offer a glimpse into the dynamic energetic interaction and relationship between the cause and effect of our actions. In modern times, the use of coins have been the most popular method of consulting the I Ching. This Stick Method is an ancient technique of arriving at a reading. The time it takes to arrive at a reading aligns with the natural and organic time it takes to reflect on one's questions and see the way to the answers. Bring 50 sticks (preferably yarrow) 8" long. $60. Call 741-0695; www.peacefuldragonschool.com.



Infant Massage

Infant Massage Classes with Audrey Simon • New Classes begin monthly • Four-week class to learn the benefits and methods of interactive masssage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Every Saturday, 2-5 p.m. and second and fourth Thursdays of the month, 7-10 p.m. • $1 per minute. No appointment necessary. Call 971-0795.

Foundations in Psychic Development: Boundaries and Identities with John Friedlander through Essence Point • May 12, 9:30-5 • Each of us has a bubble of spiritual energy surrounding us called the aura. Learning how to be aware of, and how to transform our aura transforms our love and life experiences. While the exploration and healing of the aura is an incredible adventure, the basic system can be learned in a day. Every exercise furthers the development of at least one of the two basic abilities: finding one's own psychic energy and clearing blocks to further progress. Students learn theoretical constructs and practice skills. They learn how to ground and run energy, clear blocks, ways to recognize and clear psychic enmeshment, and how to find, clear and repair chakras. $75. Call Anita at 741-0478; mckays@concentric.net.

Essence Point Psychic Reading Practice with Anita McKay through Essence Point • May 10, June 14, July 12, Aug. 9 • Essence Point offers a supportive environment for practicing psychic/intuitive skills. Attention to grounding and distinguishing psychic energies is stressed. Newcomers welcome, but are required to have read *Basic Psychic Development* by John Friedlander and Gloria Hemsher. Sessions involve practicing intuitive reading from your higher self or from your psychic screens. Donations accepted. Call 741-0478; mckays@concentric.net.

Crystal Clear Expressions Open House with Nanci Rose Gerler • May 12, Noon-6 p.m. • Nanci Rose Gerler opens her office for psychic mini readings, sale of personal crystal collection, contemporary and vintage jewelry. Refreshments provided. $30 readings. Call 996-8799.

Basic Intuitive/Psychic Development with Shala Kilmer • 8 Thursdays starting June 7, 6:30-9:30 • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. $335 plus $10 book. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Basics for Finding Truth Within Your Self with Neil Rand and Esther Rand • Four classes starting in August • Finding your inner guidance, communicating with your guides, exploration of your spiritual pathway and understanding the spiritual priorities for your life. Small experiential classes focused on individual attention and practice. Donation. Call Pathways in Light and Love at 734-327-5953.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • May 19 and 20, 10:00-5:00 • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self), and to do readings from that level. $139; $129 if paid one week in advance; $119 if you bring 2 or more friends. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • June 30 and July 1, 10:00-5:00 • Continue to develop your intuitive perception and learn to recognize and heal layers of the aura and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $149; $139 if paid one week in advance. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Time and date to be announced • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. For cost, call 663-9724; intuitivehealth@aol.com.

The Labyrinth

Walking the Labyrinth with Visitation: Center for Prayer and Spirituality • May 4, June 1, July 6, Aug. 3; 9-5 p.m. • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls," Lauren Artress, *Walking the Sacred Path*. The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone is welcome to walk this sacred path anytime throughout the day. Free. Call 734-242-5520; visitation@teleweb.net.

Writing the Labyrinth with Elizabeth Hawkins and Esther Kennedy of Weber Center • July 20 at 7:30 p.m. through July 22 at 1 p.m. • Sacred dance and walking the Labyrinth combine with writing assignments to evoke deep response to our state of being within the radical present. As writers and walkers of the great mystery, we must exercise uncanny willingness to trust, and to relinquish control as we move to the center and spiral outward again. $150. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Love & Relationships

What Makes an Intimate Relationship Empowering with Karen Gottschalk and Kevin Meisel • May 26, 10-Noon • Both individuals and couples are welcome to discover ways to empower themselves and their relationship. $10. Call Karen at 734-332-9184.

Radiance, Love and Surrender with David Deida through Church of Today • May 3, 7-10 p.m. • David Deida is the author of *The Way of the Superior Man*. His ground-breaking books and workshops present a radically practical, full sexual spirituality for our time. This workshop is for women only. $40. Call 810-758-3050; www.churchoftoday.com.

Way of the Superior Man and Practicing the Way of the Superior Man with David Deida through Church of Today • May 4, 7-10 p.m. and May 5, 1-4 • David Deida is the author of *The Way of the Superior Man*. His ground-breaking books and workshops present a radically practical, full sexual spirituality for our time. This workshop is for men only. $75 for both days. Call 810-758-3050; www.churchoftoday.com.

Spiritual Dynamics of Intimacy with David Deida through Church of Today • May 5, 6-9 p.m. • David Deida is the author of *The Way of the Superior Man*. His ground-breaking books and workshops present a radically practical, full sexual spirituality for our time. This workshop is for women and men. $25. Call 810-758-3050; www.churchoftoday.com.

Keeping Love Alive Free Introductory Workshop with Carole Kirby • June 3, 2-4:30 p.m. at Crazy Wisdom Meeting Room • We will explore ideas about passion and intimacy in committed love relationships. You will learn about the chemistry of love and limerence, discover why there is an inevitable waning of passion, understand why we seem to block the very intimacy we long for and discover ways to re-awaken and keep love alive in a long term relationship. Free. All kinds of couples and singles welcome. Call 810-776-6622; www.therapy4couples.com.

Couples Honoring the Beloved with Elizabeth and Maurice Alberda • Aug. 11, 10-5:30 • For couples wanting to develop deeper relationship with one another by experiencing and empowering the inner Beloved. Through individual and interactive work including bioenergetics, meditation and shamanic journeying, we will open to this possibility. $150 per couple. Call 663-5457; msalberda@mediaone.net.

Relationship Building with Karen Gottschalk and Kevin Meisel • Four Thursdays starting May 17, 7-9 p.m. • The essentials of building committed relationships with an emphasis on intimate relationships will be shared via group discussion. Participants will learn tools for successful communication skills, boundary setting and conflict resolution. Strategies to create positive improvements within the relationship will be reviewed. $49. Call 734-332-9184.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2:00-5:00 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Robert Hughes • Fridays, 4-6 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 per minute. No appointment needed. Call 665-2757 or 827-1443.

Ann Arbor Institute of Massage Therapy Pathology Workshop with Margaret Szedenits and Maggie Miller • May 12, 8:30-5:00 • The study of the nature of diseases and the structural and functional changes produced by them. Therapeutic massage therapists are ethically responsible for recognizing clients' deviations from normal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can practice. $150. 7 CEU's. Call 677-4430 or fax 677-4520; aaimt.earthlink.net.

Sports Massage II Workshop with Jocelyn Granger and Jane Anderson • May 26 and 27, 8:30-5:00 • The goals of this segment of Sports Massage are to provide you with an overall perspective on and the techniques essential to sports massage, including the basic concepts of sports massage, skillful palpation, your role as a sports massage therapist, working with common injuries, maintenance of the athlete, corrective measures for the injured athlete and understanding the injury and its repair process. $250. 14 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Myofascial Therapies I with Frances Salvato • June 22, 23, 24; 8:30-5:00 • An effective form of deep tissue massage which addresses postural distortions and chronic myofascial patterns of strain. Myofascial Therapy offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the days will be devoted to different sections of the body. $350. 21 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

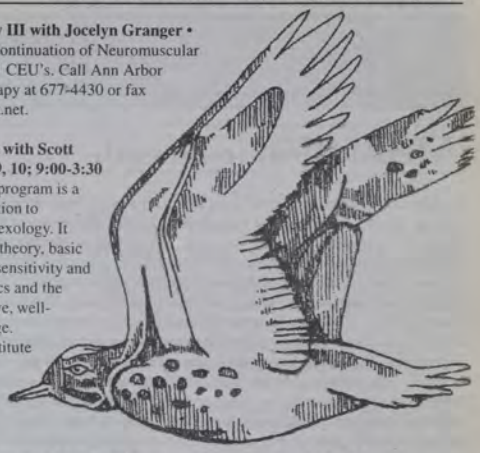
Myofascial Therapies II with Jane Anderson • July 20, 21, 22; 8:30-5:00 • See above description for Myofascial Therapies I. $350. 21 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Myofascial Therapies III with Jane Anderson • Aug. 24-26, 8:30-5:00 • See above description. $350. 21 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Neuromuscular Therapy I with Jocelyn Granger • June 29, 30 July 1; 8:30-5:00 • This workshop consists of the freeing and relief of chronically contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. $350. 21 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Neuromuscular Therapy II with Jocelyn Granger • July 13-15, 8:30-5:00 • Continuation of Neuromuscular Therapy I. $350. 21 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Neuromuscular Therapy III with Jocelyn Granger • July 27-29, 8:30-5:00 • Continuation of Neuromuscular Therapy I and II. $350. 21 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.



Introduction to Massage with Scott Runyon • June 2, 3 and 9, 10; 9:00-3:30 each day • This four-day program is a non-professional introduction to Swedish massage and reflexology. It focuses on basic massage theory, basic anatomy and physiology, sensitivity and awareness, body mechanics and the development of an effective, well-rounded, full body massage. $220. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Anatomy Review and Palpation Skills with Frances Salvato • July 6-8, 8:30-5 • This workshop will explore and expand your ability to effectively palpate the human body. The class will emphasize self care, body mechanics, exercises for increasing listening hands, experiential techniques for distinguishing muscles, pathologies and skillful detection of the body's different rhythms and pulses. Sharpen your clinical assessment skills and the fine art of palpation in this hands-on class. $350. 21 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Clinical Documentation Workshop with Margaret Szedenits • Aug. 4, 9-5 • Participants will learn to properly document therapeutic massage sessions. Documentation will help the massage therapist develop a treatment plan for clients. This is important whether the therapist works for someone else or has their own business. $150. 7 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Four Day Pregnancy Massage Workshop with Frances Salvato • Aug. 11-12 and Sep. 8-9, 8:30 5 each day • This workshop covers the benefits, contraindications and applications of massage for each trimester, including labor and post-partum. Other things covered are self-care exercises, knowledge of physiological changes occurring in the different systems of the body and the effect massage therapy has on the different body systems. $450. 28 CEU's. Call Ann Arbor Institute of Massage Therapy at 677-4430 or fax 677-4520; aaimt.earthlink.net.

Meditation

Introduction to Insight/Mindfulness Meditation with Ajahan Sundara • May 29, 7:30 p.m. • Insight meditation, grounded in the Buddhist tradition, allows us to see clearly the nature of how things are. Donations accepted. Call 769-9948.

Introduction to Insight/Mindfulness Meditation with Sally Clough • June 8, 7:30 p.m. • This talk serves as an introduction to a non-residential retreat weekend. Donations accepted. Call 769-9948.

Wednesday Evening Meditation for the General Public with Brenda Morgan • May 9, 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. This evening has been set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the holy spirit. Donations accepted. Call Susan at 665-0536.

Find Your Path to Inner Peace with Kapila Castoldi • July 11, 19, 25; 7-9 p.m. • Lasting inner peace can be obtained if we meditate on the heart, the only source of constant joy, love and peace. Introductory meditation techniques for the exploration of the heart chakra, based on Sri Chinmoy's philosophy. Free. Call Kapila Castoldi at 994-7114.

Mastering Meditation with Kapila Castoldi • July 25, Aug. 1, Aug. 8; 7:30-9:30 p.m. at Crazy Wisdom Meeting Room • An introductory program based on Sri Chinmoy's philosophy. The essentials of meditation, exploring a meditative lifestyle, problem solving, breathing, chanting and visualization techniques. Free. Call 994-7114.

Meditation with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • May 4, 6:30-8:30 p.m. • There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation such as sitting, standing, walking, pondering, visualization, focusing and guided meditation. $60. Call 741-0695; www.peacefuldragonschool.com.

Meditation I with Penny Weaver • Wednesdays, May 2-June 6; 6:30-8 p.m. • Learn the positive benefits of meditation and how to achieve them in a step-like process. Other tools to enhance meditation and its benefits will be taught in this 6-week course. For cost, call 248-374-1070; pennyweaverj@aol.com.

Meditation II with Penny Weaver • 4 Wednesdays, June 20-July 25; 8:30-10 p.m. • More techniques to enhance meditation including self-hypnosis, the medicine wheel and Qabalah. For cost, call 248-374-1070; pennyweaverj@aol.com.

The Crazy Wisdom Calendar

Meditation (continued)

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • June 1 in the evening though June 9 in the afternoon, or first weekend June 1-3 • Insight or vipassana meditation is a simple, direct practice - the moment to moment investigation of the mind/body process through calm, focused awareness. It allows us to distinguish between obsessive thought and focused reflection, and to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness and negativity, opening our heart to deeper wisdom and compassion. This process of opening to ourselves moves from the practice period to the whole of our lives. We begin to know each moment as practice for our growth toward wholeness and harmony. The meditation derives from Buddhist teaching but no special religious beliefs are necessary to its practice and no forms or rituals are taught. We'll be alternating sitting and walking meditation. Mindfulness throughout the day will be a focus. Although the retreat will be held in silence, there will be clear instructions for beginning and advanced meditators, evening talks and optional discussion with teachers. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on non-dual awareness. We begin by healing the separation we may feel from our own heart, then offer this love to people in our lives and to all beings. $395 for the week or $195 for the weekend. For flyer, call Hal at 971-3455.

Introduction to Insight Meditation with Susan Klimist and Dottie Coyne of Deep Spring Center • April 25, May 2, 9, 23, 30; 7:30-9:30 p.m. • This class will offer the basic instructions for insight meditation (see above description). $25. Call 971-3455, Susan at 248-545-8089 or Dottie at 930-0192.

Introduction and Continuing Insight Meditation with David Lawson, Dianne Austin and Kris Kurnit of Deep Spring Center • April 25, May 2, 9, 16, 23, 30; 7:30-9:30 p.m. • This class is appropriate for continuing students at every level as well as individuals who have had not previous meditation experience. New students will be instructed separately for the first two weeks so they can become familiar with the basics. $30. Call 971-3455, David at 662-8317, Dianne at 665-4298 or Kris at 668-1385; info@deepspring.org.

Open Insight Meditation Sessions with Deep Spring Center Teachers • June 11, 25, July 9, 23, Aug. 6, 27, Sep. 10; optional instruction at 7 p.m., sitting meditation at 7:30 • See above description of Insight meditation. Open to all. $3 each evening. Donations to teachers accepted. Call 971-3455 or Dave at 662-8317.

Silent Group Meditation through Essence Point • Sundays, Noon-1:00 • We offer a one 45 minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion. People from all spiritual practices welcome. Most of those who attend have common interests in spirituality and metaphysics. We encourage those who can't be present to join in from where they are during that time. Donations accepted. Call 741-0478; essencepoint@hotmail.com.

Meditation for Personal and Global Healing through Essence Point • July 26, 7:30 p.m. • An hour-long intensive meditation to contribute to personal and global healing. Followed by a break and concluding with individualized spiritual healing. The silent meditation may be done sitting within our circle or as a walking meditation around the perimeter of the room. $5-$10 donation appreciated. Call 741-0478; essencepoint@hotmail.com.

One Day Meditation Seminar with John Friedlander through Essence Point • Aug. 4, 9:30-5:30 • In this seminar, advanced meditators can learn to sustain their attention on chakra keys for an extended time. This liberates abilities such as clairvoyance, telepathy and healing locked in those chakras. Those abilities can be used to cultivate skill and compassion in life and relationships. $100. Call 741-0478; mckays@concentric.net.

Intensive Meditation through Lighthouse Center • First and third Fridays of each month, 7-10 p.m. • Mantra meditation. 20 minutes each on the seven chakra centers. No cost. Call Prachi at 734-449-4381.

Introductory Meditation Lecture with Chetana of Lighthouse Center • May 25, June 29, July 27, Aug. 31; 7-10 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 first time or $15 repeat. Call Nirmala at 663-2218.

Meditation with Ema Stefanova • Sundays, 3:00-5:00 p.m. • Simple yet powerful techniques for meditation from yoga and tantra (the mother of yoga) tradition, such as meditation on the breath, on sound, on light, abstract, etc. Suitable for beginner through advanced. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Mantra Meditation Workshop with Ema Stefanova • May 20, 10-1 p.m.; June 23, 3-6 p.m. • This 3-hour workshop is on Gayatri Mantra and the universal mantra of OM as well as Maha Mrintujaya Mantra. Beginners welcome. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

The Menopausal Years

Preparing for Menopause with Debbie Longo through St. Joseph Mercy Health • May 8, 7-8:30 p.m. • Did you know that hot flashes, mood swings and other symptoms can occur as much as eight years before actual menopause? This class is designed for women ages 35-50, and gives a comprehensive overview of the physical and emotional changes, symptoms and health risks associated with menopause - and how you can best prepare for and manage them. $5. Call 800-231-2211 or 712-5400.

Lifestyle Strategies for the Menopause Years with Ann Jones and Anne Kozel through St. Joseph Mercy Health • May 22, 7-8:30 p.m. • Learn practical nutrition and exercise strategies to help you maintain vitality and health before, during and after menopause. This class is for women in their late 30's through the 40's. Making lifestyle adjustments now can reap numerous benefits later, including easing some symptoms associated with menopause. For those in their 50's and beyond, it's never too late to begin. $5. Call 800-231-2211 or 712-5400.

Menopause Options: Hormone Replacement and Complementary Therapies with Judy Fedchenko through St. Joseph Mercy Health • June 5, 7-8:30 p.m. • Join us for an overview of the symptoms and health risks associated with menopause. You will learn the facts about hormone replacement therapy and complementary therapies such as herbs, soy proteins and other nutritional supplements. $5. Call 800-231-2211 or 712-5400.

Men's Work

Facing the Feminine Within: A Workshop for Men with Maurice Alberda • May 1, 8, 15, 22, 29; 7:30-9:30 p.m. • We men carry within us images and complexes of the feminine which profoundly affect our lives, especially our relationships. This workshop will provide experiential opportunities and encouragement to bring some of these into the light of conscious awareness, where we can give them names and faces, where we can identify their nature and potential, where we can learn how best to honor and relate to their powerful energies. $25 per meeting. Call 663-5457; msalberda@mediaone.net.

> In the end, everyone is our teacher, on one level or another. The child is our teacher, our friends, our family, the stranger on the street. Every experience is a challenge; a teaching is always hidden in it. Every thought that bubbles up in our minds can teach us things about ourselves, if we are able to listen.
>
> - David A. Cooper

Men's Wisdom Council • Fourth Saturday of each month, 9-Noon • This peer-led group of 30 to 40 men meet to celebrate and explore various aspects of manhood. Each meeting is facilitated by one of the members and is experiential. $5 suggested donation. Call G. Khalsa at 248-541-4834.

Men's Issues Therapy Group with Cam Vozar • Mondays, 7:00-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per group session with some insurance accepted. Call 747-9073; cvozar@aol.com.

Men's Group: Anger and Addiction Issues with Dawn Gaden and Lorie Ausel • Starting May 14, 7 p.m. • The group will consist of men interested in resolving anger issues, and understanding the impact of addiction on relationships with others as well as the self. Members will actively be involved in their growth and awareness. $60. Call Gentle Strength Counseling and Holistic Center at 810-225-0463.

13th Annual Michigan Men's Spirit Camp and Soul Retreat with Jeffrey Duvall and Gurudarshan Khalsa • May 18-20 • Men gathered together, camping in the woods. Exploring where you are on your life journey. Drumming, sacred dance, small support groups for healing and transformation. $195-$250 sliding scale. Call 248-541-4834.

Mid-Life

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • 5 Tuesday evenings starting April 17 • Rather than a time of crisis, mid-life can be a powerful call from our soul to be authentic, claim our gifts and honor our dreams. Through writing, image-making and ceremony, we will retreat to weave together the threads of our personal journey, harvest the gifts from our past, create a sacred space to let go of the "if onlies..." and map our dreams for the future. Come initiate your rite of passage to this most powerful time of life. $30 per week includes dinner and materials. Call 665-4577.

Support Group for Midlife Women: Navigating the Transformational Journey with Lucinda Orwoll and Eileen Bond • June 3, 10, 17, 24; 3-5 p.m. • Many women experience transformational urges at midlife. What used to be okay in the past, no longer fits the soul's emerging visions. Change can be both scary and exhilarating. Share with others and acquire some inner tools for navigating the journey. $120. Call 930-6458.

Midwifery

The Art of Midwifery with Patty Brennan of The Holistic Midwifery Institute • Two 4-Day intensive trainings: Thursday-Sunday, 9-5 • Part I: Holistic Prenatal Care meets Aug. 16-19. Part II: Holistic Midwifery Care for Labor, Birth and Postpartum meets Nov. 29-Dec. 2. This training provides a model of non-medicalized homebirth practice for aspiring midwives and birth assistants. Emphasis is placed on incorporating holistic therapies, such as homeopathy, herbalism, reflexology and more, into all aspects of care, from prenatal through postpartum for both mom and baby. $660 includes Parts I and II; $595 if paid by July 26. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Business Skills for Midwives and Doulas with Patty Brennan of The Holistic Midwifery Institute • July 14, 9-5 • Come and learn the skills necessary to be successfully self-employed. Topics include money issues, record keeping, taxes, insurance reimbursement, marketing, limiting liability, professionalism, ethical concerns, and more. This class is specifically geared towards birth assistants but may be useful to any independent practitioner of the healing arts. $100 or $85 if paid by June 23. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Neonatal Resuscitation Certification and Recertification with Patty Brennan of The Holistic Midwifery Institute • Aug. 4, 9-4:30 • All students must obtain *The Neonatal Resuscitation Textbook*, 2000 Edition. It is essential to study the book and do the chapter post-tests before the workshop. The class is designed to teach, practice and test the hands-on practical skills component of the training. The textbook and pre-test study component are designed to help you pass the written, theoretical portion of the certification process. Certification is good for two years. Certification (11:30-4:30 p.m.): $90. Recertification (9-11 a.m.): $50 within 90 days of expiration date on current card. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Mothering

Mothering Arts Support Group with New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. when public schools are in session • Drop-in gathering time for mothers with young children, especially newborns, to share and strengthen each other. Casual presentations of discussion topics chosen by participants. Children welcome. Free. Call 734-424-0220.

A Mother's Sacred Journey: Parenting as Spiritual Practice with Jill Blixt • 5 Tuesdays starting May 22, 6:30-9:45 p.m. • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention but it also asks us to reflect on what it means to be a guardian of another Soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Come discover how to bring more nurturing and balance to yourself while you become more present for your children. $30 per week includes dinner and materials. Call 665-4577.

Mothers & Daughters

A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up through St. Joseph Mercy Health • May 5, 1-5 with Penny Baumeier and Rochelle Kostant; June 9, 1-5 with Rochelle Kostant and Lorri VanderRoest • This class provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. Presented by a pediatrician and a social worker. $45 for mother and daughter; $10 for another daughter or grandmother or other female family member. Call 712-5400 or 800-231-2211.

Movement & Dance

Ann Arbor Authentic Movement Group • Bi-weekly Wednesday evenings • We are a self-facilitated peer group meeting to explore authentic movement in community. We approach authentic movement, a form of self-directed movement with a witness, as personal process, psychological narrative, creative resource and divine play. We open the group periodically to invite others to join us. Nominal fee to rent space. Call Robin Graubarth at 665-2344 or redrobinah@aol.com; Peter Norlin at 878-2900 or pfnorlin@ameritech.net.

Dances of Universal Peace with Sylvia and John Middlebrooks • First Friday of each month, 7:00-9:00 p.m. • Open the heart to peace and joy. All are invited to join in simple circle dances accompanied by songs and chants from the world's spiritual traditions. This is meditation in motion. All dances are taught. No partner needed. $5 optional donation. Call 996-1332; smidd@altavista.com.

West African Dance Class with Malang Diatta • Saturdays, 4-5:30 p.m. • West African dance class for all levels. High energy, fun and exciting. Please come join us. $10. Call Sandy Pierani at 484-3407; spierani@hotmail.com.

Introduction to Modern Dance with Jeanne Catherine • May 8-Aug. 18, Tuesdays, 6:30-8 p.m. • A fun introduction to modern dance for beginners. Class will introduce students to modern dance technique that focuses on alignment, flexibility and core strength. Ideal for beginners or for those who are looking to try a new style of dance. $12 per class. Call Dance Gallery Studio at 747-8885; dancegallerystudio@ameritech.net.

Contact Improvisation Workshop with Jeanne Catherine • May 27 or June 4, 1-3 p.m. • Contact Improvisation is a duet dance form in which partners improvise while sharing an ever-shifting point of contact. This workshop will focus on building fundamental skills in contact improvisation and on creating an environment that is conducive to respect, trust and playfulness. Like Twister for adults! Each date is an individual class. $15 per class. Call Dance Gallery Studio at 747-8885; dancegallerystudio@ameritech.net.

Music & Sound

Songs for the Earth with Jeanne Mackey and Laz Slomovits • June 29, 7-8 p.m. • Jeanne and Laz offer a rare blend of emotional intensity, wry humor and global consciousness. Their eclectic repertoire ranges from Patsy Cline, Dan Hicks, Janis Ian to Jane Siberry - plus a number of originals. Mackey notes, "I choose songs that cover the whole range, from ridiculous to sublime - from ode to dogs to homage to the Goddess!" Free. Call Jeanne at 975-8791; jmackey50@yahoo.com.

Songs of the Spirit Candlelight Concert with Judy Piazza through Weber Center • July 20, 7:30 p.m. • A unique blend of guitar, vocals, native flute, didgeridoo and percussion ... rich and eclectic music ... earth-honoring songs and musical traditions ... music for the spirit with gentle yet powerful messages regarding relationships to self, each other and our earth. $10. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Herb David's Music in the Park Series: Singing for the Earth with Jeanne Mackey, Lisa Marshall Bashert and Amy Kern • Aug. 25, 2 p.m. • Jeanne, Lisa and Amy offer songs that celebrate the earth; women's strengths; and the joys, sorrows and humor that come from living on the planet in these times. Elegant three-part harmonies with Jeanne's accompaniment on guitar, mandolin and tiple. All ages welcome. Free. Call Herb David Guitar Studio at 665-8001; jmackey50@yahoo.com.

Nature & Love for the Earth

Close to the Earth: Ways to Renew and Reconnect with Jeanne Mackey and Pattie Postel through Weber Center • June 22 at 7:30 p.m. through June 23 at 5 p.m. • Rediscover your innate love for the earth through contemplation, song, stories and pancultural teachings. Using a version of the medicine wheel, we will explore four aspects of human nature (body/psyche/mind/spirit), mirrored in earth's four seasons. Each participant will identify a significant question and will seek answers through solo time in nature in the tradition of a Native American medicine walk. $100. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Voice for the Earth with Patricia Benson through Weber Center • July 29 at 7:30 p.m. through Aug. 3 at 1 p.m. • The earth is home to all: poor, rich, human, animal and plant. Theologians today are convinced that action on behalf of the earth and its ecosystems is our moral responsibility. This week will be an introduction to the thought of Elizabeth Johnson, Sallie McFague and others as we consider how 21st century ecological reality impacts our faith and spirituality. $275. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Caring for Our Home, the Earth: The Biblical Witness with Sarah Sharkey through Weber Center • Aug. 3 at 7:30 p.m. through Aug. 5 at 1 p.m. • Current approaches to the interpretation of the Bible challenge us to consider the integrity and interrelatedness of all creation. In the course of the weekend, we will consider the relevance of ancient biblical texts for 21st century Christian life, biblical passages that speak to ecological awareness, images of God that emerge in our study and the implications for us in the biblical call to be keepers of the earth. $140. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Healing with Nature with Bronwen Gates • June 9, 10-Noon • Weather permitting, come and immerse yourself in the beauty and power of Nature; make contact with the Spirit of Nature. Remind yourself of the love that is available to you at all times from the realm of Nature; receive the healing and the bounty, and offer your own human gifts in return. $20 if pre-paid, $25 at workshop, space permitting. Call 769-9014; bronwild@aol.com.

Nutrition & Food Medicine

Become Your Own Nutrition Magician with Judy Stone • Tuesdays, April 24-June 5, 7-8:30 p.m.; Thursdays, May 3-June 7, 7-8:30 p.m.; Fridays, May 4-June 8, 10:30-Noon • Join other health conscious people for a 6-week program that will teach and inspire you to shop, cook and eat for optimal physical and emotional health. The Nutrition Magician holistic approach teaches you how to use diet and to address fatigue, depression, weight/fat loss, diabetes, cholesterol, hypertension and other chronic health problems. We address exercise, and emotional and thought patterns related to eating and body image. You will be guided in getting healthy habits going in your life. $225 includes comprehensive, self-paced workbook and recipe book. Call 994-5549; www.nutritionmagician.net.

Eating Disorders Support Group with Jani Thomas, Donna Biederman or Barbara Hutton • May 23, June 13, June 27, July 11, July 25, Aug. 8, Aug. 22; 7-8:15 p.m. • These are bi-weekly support groups that will aid one in the process of overcoming common obstacles of eating. You will be presented with very practical principles and techniques. $15 individual; $25 family fee. Call The Homeopathic Clinic at 477-0331.

As he thinketh in his heart, so is he.
- Proverbs 23:7

The Observations of Dr. Westin A. Price with Darren Schmidt • July 10, 7-8:30 p.m. • Circling the world in the 1920's and 30's, Dr. Price found the same sinister pattern among 134 "primitive" populations. Those groups that ate their traditional diets enjoyed good health, and those that turned to a "civilized" diet soon developed a variety of ills - and the situation worsened with each generation! Come find out the details - they will surprise you! Free. Call 302-7575; drschmidt@wholisticdoc.com.

Fatigue: Why Are You So Tired? with Darren Schmidt • Aug. 14, 7-8:30 p.m. • Macronutrients in your diet play a large role in your amount of energy and vitality. Dr. Schmidt will explain what it takes to liven up your day. He will also demonstrate how he can pinpoint micronutrient deficiencies for more complete healing. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Energetic Food Analysis with Tom Egan • Aug. 18, 1-3 p.m. • Receive an energetic food analysis and feel how those foods compare with other members of the group. Find out your specific foods that generate and degenerate health for your unique constitution. Hone in your intuition through a process of kinesthetic comparison. An experiential workshop with readings, channeling, questions and answers and discussion. $25. Call 734-276-5677.

The Crazy Wisdom Calendar

Parenting

Good Boys, Good Men: Raising Sons Today with Carole Lapidos through St. Joseph Mercy Health • May 12, 9-3 p.m. • Are you concerned about the messages your son receives about how to be a man? Do you want your son to grow up gentle and strong, independent and resourceful? Do you want your son to be able to express emotions other than anger? Solid family support offers the single strongest defense against negative cultural influences. Join us to learn strategies to continue building your son's unique personality and stay emotionally connected as he grows to be a man. $65, $120 per couple raising the same son. Call 800-231-2211 or 712-5400.

Raising Strong and Confident Daughters with Carole Lapidos and Dani Meier through St. Joseph Mercy Health • July 28, 9-3 p.m. • "It's great to be a girl!" Parents of pre-adolescent girls (ages 5 and up) can develop practical strategies to help your daughters achieve and maintain high self-esteem. Do you wonder why elementary age girls with healthy bodies are saying, "I'm fat"? Do you want your daughter to be able to know and voice her own opinion? Join us to discuss the limiting cultural stereotypes daughters today face and develop practical strategies for countering these risks and limits. $65, $120 per couple raising the same son. Call 800-231-2211 or 712-5400.

Past Lives

Past Life Regression to Heal Karmic Blocks with Shala Kilmer • May 19, 1-5 p.m. • Release karmic blocks from previous lives and begin healing issues such as prosperity, relationships and physical ailments. You will be helped to regress to the right life to heal an issue. Master St. Germaine, channeled by Shala, will direct removal of the blocks. Limited to 8 students. $150. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Personal Growth

Everyone is a Hero, Everyone has a Story with Lynn Andrews through Church of Today • May 9, 1 and 7:30 p.m.; June 16, 10-5 p.m. • Each of us has a healing story. Through sharing our personal stories, we are empowered to see and experience our humanness and our divinity woven together in a wonderful, sometimes humorous, healing adventure. May 9 is free. June 16 is $25. Call 810-758-3050; www.churchoftoday.com.

Four Agreements with Miguel Ruiz through Church of Today • June 20, 1 and 7:30 p.m. • Living the four agreements: attaining personal power and freedom. No cost. Call 810-758-3050; www.churchoftoday.com.

The Game with Sarano Kelley through Church of Today • May 30, 1 and 7:30 p.m. • The Game is a proven structure for you to break old habits, create new ones and achieve your personal and professional objectives. No cost. Call 810-758-3050; www.churchoftoday.com.

Integration Psychology with Penny Weaver • Six Wednesdays, May 2-June 6; 8:30-10 p.m. • The next generation of psychology; it's an adventure in self-discovery and transformation. It combines ancient practices with new age/metaphysical techniques Penny uses in her practice. For cost, call 248-374-1070; pennyweaverj@aol.com.

Peaceful Warrior Workshop: Discover and Use the Books of Dan Millman with Andrew S. Taylor • 12 weeks, one day per week • Become a peaceful warrior. Live on purpose. Become a body mind master. Achieve everyday enlightenment. Live the life you were born to live. All are possible when a support circle gets together and workshops the books by Dan Millman. $10 per week or $100 up front. Call 669-4262; drewman42@yahoo.com.

Embracing the Power of Creation: A 12 Week Series in Consciously Creating Your Reality with Lisa C. Wolf • Tuesdays or Wednesdays, 6-8 p.m. • Our goals, be they material goods or states of being are often hindered by our unconscious beliefs, attitudes and feelings. When we have our true desires and how we prevent their fulfillment, deep wounds are healed and miracles of manifestation can occur. During this 12 week series, participants will systematically explore the process of conscious creation. They will also deepen their understanding of the emotions, attitudes and beliefs which shape the creative process; either by blocking or actualizing goal fulfillment. Psychotherapeutic approaches, spiritual practice (meditation, visualization), discussion, emotional release work, art and experiential exercises are some of the techniques that will be used. $50 per session. Call 930-0864.

> He deserves paradise who can make his companions laugh.
>
> - The Koran

Photography

Let's See: Photographing with Insight with Harriette Hartigan • June 2, 1-5 p.m. • Center the experience of photographing through your own insight and senses. Make visible what you know and feel in your soul. Explore how to create images, visual poetry and narratives of personal significance. Appropriate for any level of skill. $45. Call 677-0519; h2ina2@earthlink.net.

Photographing Birth with Harriette Hartigan • June 13, 10-4 • Photograph the beauty and power of childbirth. Doula, midwife, invited friend to a birth or interested in becoming a birth photographer? Learn to photograph the emotional, social and physical experience of birthing women, their families and care providers. Appropriate for any level of photographic skill and birth experience. $65. Call 677-0519; h2ina2@earthlink.net.

Professional Enrichment

Practice Building: A Clinic for Healers with Jill Blixt • April 28, 9:30-4 • What do you specifically need to do to build a more successful healing practice? This workshop will focus on each individual's current situation. We will use the creativity of the group as well as Jill's more than 30 years experience in marketing help you identify practical next steps toward creating and sustaining a successful practice. $90 includes lunch and materials. Call 665-4577.

> A man travels the world in search of what he needs and returns home to find it.
>
> - George Moore

Reiki

Drop-In Reiki Healing with Robert Hughes • Fridays, 4:00-6:00 at Crazy Wisdom • Receive the grace and healing power of Reiki in a comfortable, convenient and private space. $1 per minute, $50 per hour. Call 827-1443.

Reiki for Everyone and Everything: Usui Reiki I and II Training with Kay Troitino • May 12, 1-4 p.m. at Crazy Wisdom Meeting Room • Whether you want to relax yourself and others or to aid the recovery of bypass patients, you will find few conditions that Reiki does not benefit. Learn the basics with Usui Reiki Master Kay Troitino. Kay will review the history of Reiki, its purpose, its scientific basis and complementary medicine. Reiki II attunement will be given. $250. Call 734-426-0449; kayreiki@excite.com.

Reiki I with Penny Weaver • May 12, June 9, July 14 or Aug. 11; 12-3 p.m. • Learn to use the life force energy in your hands to balance your own energy. For cost, call 248-374-1070; pennyweaverj@aol.com.

Reiki II with Penny Weaver • May 19, June 16, July 21 or Aug. 18; Noon-4:30 p.m. • Learn to use the life force energy in your hands to balance the energy of any living thing. For cost, call 248-374-1070; pennyweaverj@aol.com.

Reiki Healing Circle with Shawn Butler and Robert Hughes • May 10, June 14, July 12, Aug. 9 from 7-9:30 p.m.; May 24, June 28, July 26, Aug. 23 from 6-7:30 p.m. • Open invitation to the public to experience Reiki and other healing modalities in a safe and sacred space. All healers and interested parties welcome to attend. Our intention is to bring healing to the community. Donations accepted. Call 827-1443 or 827-2764; robertkhughes@yahoo.com.

First and Second Level Reiki Workshops with Robert Hughes • May 19-20 or July 14-15 • Through the attunement process, this weekend class empowers the individual to channel Reiki - the universal life force - for the benefit of self and others. Certificate granted. $225 or $175. Call 827-1443; robertkhughes@yahoo.com.

Introduction to Reiki with Gary Arnold • May 2, June 6, Aug. 1; 7-10 p.m. • This introduction offered for those who would like to learn about Reiki, to experience a Reiki session, and to explore learning how to use Reiki. Free. Call 449-2154.

Reiki, Level I with Marliesa Back and Gary Arnold • May 19 or June 16, 9-4 • Reiki is a gentle yet powerful healing energy. Learn about Reiki and how to use the energy in a small class with plenty of opportunity for practice for questions. Practicé the hand positions for use on others and on yourself, and receive the traditional initiations that allow you to transmit Reiki energy. $95. Call Marliesa at 428-1451 or Gary at 449-2154.

Reiki, Level II with Marliesa Back and Gary Arnold • July 20, 7-10 p.m. and July 21, 9-4 • This class is offered for those who have worked with Level I Reiki and wish to broaden and deepen their connection with Reiki through the traditional Level II Reiki initiations, and through relationship with the Reiki symbols. These symbols help you to send Reiki across distances, and expand your hands on work. Classes are small, with plenty of opportunity for practice and for questions. $150. Call Marliesa at 428-1451 or Gary at 449-2154.

Curious about Reiki? Free Introductory Talk with Suzy Wienckowski • May 23, 7-9 p.m. • Reiki Alliance Master Suzy Wienckowski speaks on the Usui System of Reiki Healing. In this ancient, hands-on healing art Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments will be offered. Free. Call 665-8665; suzyreiki@aol.com.

First Degree Reiki Class with Suzy Wienckowski • June 1-3; Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30-12:30 • Reiki is an ancient, gentle, hands-on healing art for reducing stress, easing pain and restoring balance and harmony on all level: body, mind, spirit. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others and 4 individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • June 22-23; Friday 7-9 p.m., Saturday 10-4 • Second level of training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. $500. Call 665-8665; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • June 24, July 22 or Aug. 18; 9-6 • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. Class sizes limited to allow for individual attention and traditional attunements. In this workshop, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self healing techniques. $125 includes manual and certificate; $95 if paid a week in advance. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • May 25-26 or Aug. 3-4; Friday 6-10 p.m. and Saturday 10-4 • Traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $225 or $180 if paid one week in advance. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • May 3, June 7, July 5, Aug. 2; 7:00-9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Relaxation & Stress Management

Regaining Balance: Meditation and Mindfulness for Stress Management with Sandy Finkel • May 12, 1-4 p.m. • Almost everyone needs help managing stress these days. Learn effective tools to regain perspective, bring greater calm and clarity to your life. Meditation helps to reverse the negative psychological and physiological effects of stress. $30. Call 769-0053; smfinkel@umich.edu.

Meditation for Stress Reduction and Relaxation with Dawn Gaden • June 7, 14, 21, 28; 6:30-7:30 p.m. • Class will consist of breathing techniques for relaxation, focusing, energizing and calming. A new meditation technique will be taught each session. $45. Call 810-225-0463.

Basic Mind Body Techniques with Dr. Patricle Munson • June 19-21 and June 26-28 (all one workshop); 9 a.m.-1 p.m. • This workshop covers simple practical techniques of relaxation, stress control, using the body as teacher to detect and relieve stress. It is the beginning workshop for the "Envision Health" series of workshops for creating health, awareness and joyful purpose. These are simple principles practiced in a simple fashion. Effective for lowering blood pressure, reducing risk of heart attack, stoke and all manner of stress-related illness. $300. Call 734-424-0967; www.envisionhealth.org.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: May 9, Noon-1:30; Part 2: May 16, Noon-1:30 • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $20 per session. Call 668-2733.

Shamanism

Shamanic Journeying for Awareness and Guidance with Elizabeth and Maurice Alberda • May 19, 10-5 or Aug. 18, 10-5 • This workshop will introduce participants to the powerful ancient technique of shamanic journeying. The intent of the journeys in this meeting will be to find a spirit source of guidance and to receive responses to personal or social questions and concerns. $100. Call 663-5457; msalberda@mediaone.net.

Shamanic Foundations: A Transformative Weekend Workshop with Mateyo Empie • July 27-29; Friday 7-10:30, Saturday 10-6, Sunday 10-5 • An introduction to shamanic healing practices ancient and modern, this class is packed full of powerful techniques of life transformation and self-empowerment. You will be able to change yourself and your life after this workshop! Learn grounding, creating sacred space, using your luminous healing body, channeling healing energy, setting boundaries in relationships, raising spiritual energy, the Peruvian fire ceremony, types of spirit guides, vitalizing and repairing the aura and other tools to heal and empower ourselves. Although there is no obligation to continue after this weekend, the foundation skills taught in this class qualify you for my year-long advance series on the Peruvian medicine wheel of healing, mystery and vision. $225 with $25 discount for paying by April 6. Call 663-5505; snakewillo@aol.com.

Shamanic Journeys with John Morris • Wednesdays, 7:30-9 p.m. • To the beating of the shaman's drum, in trance we travel to distant realms of the spirit for healing and self-discovery. Leadership is rotated. Free. Call 665-7291; seeker@cyberspace.org.

Simple Living

LightHeart Simple Living Workshop with Anne Benedict and Dale Crayne • June 23, 9-Noon • Explore what living simply means to you. Uncover what's essential in your life so you can release unnecessary "clutter". Use your creativity and intuition to identify your own guidelines for simple living. Group limited to six. $45. Call 662-3216; abdc4biz@aol.com.

Singing & Songwriting

Songwriting: A Path to Self-Expression and Discovery with Laura Massaro • 8-week sessions start second week in June • Open to beginning/advanced songwriters. Provides participants with techniques and motivation to create songs from the heart. We will explore ways to access your inner voice and communicate in your own individual style. In a fun, supportive environment. Small groups. $160. For dates and times, call 971-6627.

Resonance and Rhythms with Judy Piazza • Ongoing • Workshops and ongoing series offered on frame drumming, performances, indigenous singing (a transcultural approach to freeing the voice through song, chant, harmonic overtones and toning), rhythm and song circles, private or small group consultations for healing and instruction. Call 248-656-1071; jpiazza@igc.org.

Spiritual Development

An Evening with Author Barbara Hand Clow at Crazy Wisdom • Tuesday, July 17, 7 - 10 p.m. • Join us for a book-signing and talk by best-selling New Age author, Barbara Hand Clow. The author of *Pleiadian Agenda, Liquid Light of Sex,* and *Heart of the Christos*, Clow will be talking about haer newly published book, *Catastrophobia*. For more info, call Carol at Crazy Wisdom, 665-2757.

A Gathering in Spirit with Brenda Morgan • June 9, 9:00-4:00 • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities are to help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the first priority in life: God. No experience necessary. $85. Call Susan at 665-0536.

Spiritual Structures of the Animal Kingdom: Who and What Are They? with Brenda Morgan • May 6, 1-5 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred, allowing her to perceive some of the inner structures of this dimension and how they work. Because she has an on-going love and concern for the animal kingdom and its role in the evolution of humanity, Brenda will share insights that can help deepen our understanding of and relationship to our animal friends and the animal kingdom in general. $50. Call Susan at 665-0536.

> If you follow all the rules, you miss all the fun.
>
> - Katherine Hepburn

The Cartography of the Soul with Brenda Morgan • June 8, 7-9 p.m. • God is the true cartographer. There is a blueprint, one which arises from God itself, which is a soul's actual divine impulse. And yielding to the universe allows the signposts for that divine map to be felt and activated. This information does not arise from the conscious mind or from the higher self. At this point in time, humanity is directed by mini-blueprints or maps which are based on impulses running through our minds from family histories and cultural influences that may or may not be appropriate for one's most profound expression into the world. Brenda will, through the insight, wisdom and meditation arising from her spiritual transformation, share how we can begin to connect to the most profound and happy expression of who we are while still in the body living a Westerner's life. $35. Call Susan at 665-0536.

Love and Its Expression: A Three-Day Spiritual Retreat with Brenda Morgan • Aug. 25-27 • This year's annual retreat will focus upon opening to the universe and expressing it uniquely through one's unique blueprint. Many gifted people from here and around the country will be sharing avenues for opening to the unique expression of each soul that is one's birthright. Brenda will share daily meditations and talks during the course of the retreat. Vegetarian meals, workshops, talks, swimming and other outdoor activities are included. Held at Camp Timbers in Saginaw. For brochure, call Susan at 665-0536.

Lecture by Jain Master Gurudev Shri Chitrabhanuji through Lighthouse Center • May 25-28 • Gurudev Shri Chitrabhanuji is a Jain Master who brings to the west 5,000 year old teachings of Ahimsa (non-violence) and reverence for all life. Through these teachings, he gives practical guidance for everyday loving. $20 for half day or $35 full day. For times, call Prachi at 734-449-4381.

The Psalms for All Seasons with Maribeth Howell through Weber Center • Aug. 12 at 7:30 p.m. through Aug. 17 at 1 p.m. • During this week, we will take a closer look at the major types of Psalms found within the Psalter. We will examine their origin, meaning and contemporary use as well as some of the most frequently used translations. $275. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

The Crazy Wisdom Calendar

Spiritual Development

Christ and the Cosmos with Zachary Hayes through Weber Center • July 27 at 7:30 p.m. through July 29 at 1 p.m. • There is a rich form of cosmic Christology in the Christian tradition which, for the most part, has been forgotten. It has its roots in the Scriptures and was developed in the early centuries of Christian history, finding a high moment in the theology of the 12th and 13th centuries. Given the present situation of humanity in relation to the physical world, this form of Christological reflection offers rich insights for coming to a fuller understanding of the religious and spiritual significance of the world of God's creation. $140. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Pathways in Light and Love I: Personal Growth through Spiritual Development with Dr. Neil E. Rand and Rabbi Esther M. Rand • Four classes starting in Aug. • Working with the Divine Light and opening your Self to the higher dimensions, the cosmic laws and how to use them, and meditation for personal growth. Small experiential classes focused on individual attention and practice. Donation. Call 734-327-5953.

Lecture Discussion Evenings sponsored by Great Lakes Pathwork Inc. • Second Friday of each month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

An Introduction to the Pathwork Teachings: A Lecture Study Series sponsored by Great Lakes Pathwork Inc. • Day and time to be determined • This series introduces some of the basic concepts expressed in the Pathwork lectures. Lecture study includes discussion and exploration of these ideas to help create and deepen personal understanding. Classes meet for 2 hours. $275 includes all lectures studied and a subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930-0864.

Gurdjieff/Ouspensky, A Fourth Way School Introductory Meetings with Jeanie Wayker • Tuesdays, Wednesdays, Thursdays at 7 p.m. or Sundays at 2 p.m. • This teaching is based on the idea that a change in the level of one's knowledge must be accompanied by a change in the level of one's being. The school provides the necessary conditions for actualizing this aim, without retreating from life. Man in the ordinary conditions of life uses only the lower, more mechanical parts of his functional abilities. With the help of this school, which is derived from higher mind, we acquire the possibility of coming in contact with our higher functions and fulfill our potential as human beings. Free. Call 697-2477; marie12@mediaone.net.

Ten Ways to be Happier with Traktung Rinpoche of Flaming Jewel Dharma Center • Monday, July 16, 7:30 p.m. at Crazy Wisdom Bookstore • In this evening event, Traktung Rinpoche will offer ten powerful methods to awaken one's joy and to experience greater depth in every moment of life. These methods, from the ancient tradition of Tibetan Buddhism, are simple to learn and easily put into practice right away. They are a gift to everyone who wishes to encounter greater depth of wisdom in their meditation and greater spirituality in every day life. Free. Call 665-2456.

Enneagram Study Group with Nancy Warren • TBA • For those new to and those familiar with the personality enneagram. We will begin and/or continue our study of this multi-faceted view of human beings and our ongoing desire to better understand ourselves and others. There will be time to share insights, revelations, knowledge and questions. Cost depends on length of class, determined with participants. Call 734-449-8133.

Spirituality & Health

Meditation and Spiritual Healing with Jonathan Ellis • Sundays, May 6-June 24 and Aug. 5-26 at Noon in Crazy Wisdom Meeting Room • Every Sunday, Jonathan Ellis offers a silent healing meditation for those present, as well as for people who have asked for distant healing. After the 15 minute group meditation, Jonathan leads individual spiritual healing for those who request it, using the training he received as a spiritual healer at the 100 year-old Cassadaga Florida Spiritualist community. There will not be any meetings in July. Free. Call 668-6672.

Spiritual Journeying

Lifting Our Spirits with Elizabeth and Maurice Alberda • Offered two times: May 3, 10, 17, 24 from 9 a.m.-Noon or Aug. 3, 6-9 p.m. and Aug. 4, 10-5:30 • The poet says, "Our birth is but a sleep and a forgetting: the soul that rises with us, our life's star hath had elsewhere its setting and cometh from afar." Bioenergetic work with the earthbody, energy work with the spiritual body (the seven chakras), and shamanic journeying, we will remember "our life's star", and create in the present the future self we dream. $160. Call 663-5457; msalberda@mediaone.net.

Journey to Avalon with Jill Blixt and Bronwen Gates • May 20, 10-5 • What is it that makes the very word Avalon an invitation to mystery? Come and explore what Avalon can mean to you through the power of the Arthurian legend and the magic of Merlin. Come together with other seekers to draw on your memories and remember your future. $105 or $90 if paid by May 12. Call 769-9014; bronwild@aol.com.

Whole Person Awakening: Sacred Relationship with Self, Other, The Living Planet and the Divine with Gabriel Cousens • May 22, 6-9 p.m. • Celebrate the sacred connection that we have with ourself, one another and the living planet as a reflection of divine union. Cultivate the moving awareness of holy breath and divine union with Kali Ray Tri Yoga, a kundalini-inspired flowing form of hatha yoga, facilitated by Shanti Golds-Cousens. Experience Shaktipat/Ruah Hakodesh meditation, a descent of grace that awakens and supports the kundalini energy (the inherent spiritualizing force). This is a rare opportunity. By donation. Call Ray O. Golden at 663-9724.

Photos by Neil Heidrich

Richard Miller of Great Lakes Wushu:

I've regarded t'ai chi ch'uan from the perspective of immature novice, master's apprentice, and teacher. Now, attempting to encapsulate how I feel about the art, after 24 years study, in a few sentences seems akin to what masters achieve; making the complex appear simple. I submit that through hard work, sincerity, and patience, one may discover the subtle force that unifies body and mind. Though the passage is fraught with obstacles: layers of tension, habitual and inefficient patterns of movement, the frantic momentum of contemporary life... t'ai chi ch'uan is an old river leading one back to oneself.

Dancing in the Dawn of Our Moment in Time with Pat Bergen and Kathy Sherman through Weber Center • July 30 at 7:30 p.m. through Aug. 2 at 1 p.m. • Together, we will explore how the story of the unfolding universe and our relationship with all of creation provides a new context for understanding spirituality and how we communicate it. These days together will include input, ritual, shared theological reflection and original music by Kathy Sherman. We will celebrate this wondrous, wholistic spirituality which is inviting us to dance in a new day! $200. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Spiritual Growth Group through Pathways in Light and Love • Groups meet twice monthly • Dedicated to the understanding and fulfillment of our individual spiritual pathways, committed to openness, sharing, true acceptance and loving support of each other on our sacred journeys. Bringer your Higher Self. Come and open your heart to giving and receiving. No cost. Call Esther Rand or Neil Rand at 734-327-5953.

Spiritual Sojourn to South Haven, Michigan with Penny Weaver • Aug. 3-5 • Enjoy a weekend of deep intensive meditations on Lake Michigan to help increase your psychic energy. For cost, call 248-374-1070; pennyweaverj@aol.com.

Sports & Spirit

The Outer Runner and the Inner Runner with Kapila Castoldi • May 12, 19; 9 a.m.-Noon • Two worlds - the outer and the inner. Two competitions - a finite one and an endless one against fear, doubt, worries and anxieties. Introductory meditation class followed by a run at Gallup Park. Free. Call 994-7114.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq John Middlebrooks • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Inayat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, which is a practice of remembrance of the divine name. No charge. Call 996-1332; siddiq_john@altavista.com.

Tai Chi & Martial Arts

Beginning Chen Style Tai Chi Chuan with Great Lakes Wushu • Class starts May 3, meets Mondays and Thursdays at 6-7 p.m. and Saturdays, 10-11 a.m. • Students will learn a 36-movement form, stance training, silk reeling exercises and basic kicks. Fundamentals are stressed. $65 per month. Call Richard Miller at 994-5980; ribrumi@earthlink.net.

Tai Chi: The Way of Peace, Harmony and Relaxation with Chris Campbell through Weber Center • June 8 at 7:30 p.m. through June 10 at 1 p.m. • The natural and graceful moves of tai chi promote better balance, increased flexibility and an overall peace of mind. You will learn the basic philosophy and principles of this healing art while you learn gentle flowing movements. Chris will share the intricacies of this form in ways which allow participants to take home practical knowledge. $125. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Tai Chi with Genie Britt at Jewel Heart • Sundays, 4:30-5:30 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 suggested donation. Call 994-3387; office@jewelheart.org.

Tai Chi Chuan Beginner Class with Catherine Marquardt and Greg Knollmeyer through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 9-June 30; Mondays and/or Thursdays at 7:15-8:30 p.m. (includes practice sessions on Thursdays, 6-7 p.m.) • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as Tai Chi Chuan's unique, slow and graceful movements and breathing coordination. Often characterized as "meditation in motion" because of the stillness it exemplifies. $165. Call 741-0695; www.peacefuldragonschool.com.

Form Progression with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 9-June 30, Tuesdays and/or Wednesdays at 6:00-7:00 p.m. • After completing the Tai Chi Chuan solo form, students who would like to continue their study can join this class. The form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the student's insight of their body/mind connection, locating and dissolving tensions and understanding the dialogue between the body, mind and spirit. $135. Call 741-0695; www.peacefuldragonschool.com.

Push Hands with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 9-June 30, Tuesday and/or Wednesdays at 7:00-8:00 p.m. • Push Hands is a two-person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction class and hold the understanding of potential relationships in conflict resolution, and corporate, political and basic dynamics between groups and individuals. As a student develops, they move out of the choreographed movements into free-style Push Hands. Students must have completed the TCC form before enrolling in this class. $135. Call 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword and Staff with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 9-June 30, Tuesdays at 8:00-9:00 p.m. • The TCC Sword Form (double edged) is the most fluid of all the forms in TCC. It represents the element water, and is considered the highest of all the weapons forms following the Taoist philosophy that "softness prevails over hardness as water prevails over all obstructions to its flow." The Staff Form is a 20-movement form which represents the element wood, and its season is spring. Its movements are quick and direct in comparison to the sword. $135. Call 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung and Wild Goose Form with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 9-June 30, Mondays at 6-7:15 p.m. and/or Wednesdays at 8:15-9:30 a.m. • Chi Kung, as an exercise, is a type of Chinese Yoga. This class focuses on Chi Kung's soft and hard fundamental techniques; Chi Kung Buddhist, Taoist, Medical and Martial styles; mind/body coordinated movement; breathing techniques; stretching and an introduction to the energy pathways of the body. Students will also begin to learn the Wild Goose Chi Kung form, which combines the fundamental techniques of Chi Kung, as it playfully and gently stretches the muscles, opens the joints and simultaneously stimulates the body's principal energy pathways. It is a continuous form of 64 movements and takes approximately 15 to 20 minutes to perform, offering the body a complete exercise routine. $165. Call 741-0695; www.peacefuldragonschool.com.

Qi Gung for Health and Longevity with Robert Hughes • Sundays, 2-3 p.m. • Qi Gung exercises have a profound effect on the body's ability to resist disease. They retard aging and increase vitality. Students learn two 15 minute sets and several shorter exercises. $60 for 6 weeks or $12 drop-in. Call 734-827-1443; robertkhughes@yahoo.com.

Tarot & Divination

Tarot Readings with Jeanne Adwani in the Crazy Wisdom Tea Room • First and third Wednesdays of each month • $20 for 30 minutes or $40 per hour. Appointments necessary. For times, call 662-8909; jadwani@yahoo.com.

Tarot Readings with Robyn Lowenstein in the Crazy Wisdom Tea Room • Second and fourth Wednesdays of each month, 7-10 p.m. • $1 per minute. No appointment necessary. Call 734-458-8637.

Drop-In Rune Readings with Lee Cole in the Crazy Wisdom Tea Room • First and third Thursdays of each month, 7-10 p.m. • $1 per minute. No appointment necessary. Call 449-4239.

How to Read Tarot Cards: Introductory Course with Richard Maurer • Wednesdays, May 23-June 27; 7-8 p.m., with optional discussion 8-9 p.m. • Learn the philosophy and meanings of the 78 cards of the Waite-Rider tarot deck, and learn to give readings. You will learn a variety of spreads to use in different situations, and also learn how to tap your intuitive and psychic abilities. $35. Call 734-484-5123; esoterica123@aol.com.

Therapy & Support Groups

ADD, ADHD, Dyslexia and Other Learning Disabilities Support Group with Donna Biederman, Barbara Hutton or Jani Thomas • June 6, 20, July 18, Aug. 1, 15; 7-8:15 p.m. • This is a bi-weekly support group to help parents and their children and other individuals learn new tools to cope with recurrent problems. Each support group will focus on two or more aspects of the following: nutritional principles, simple effective processes for focus and concentration, sensory and neurological integration, physical exercises to balance the hemispheres, visualization, affirmations, sound therapy and laughter. $15 individual or $25 family. Call The Homeopathic Clinic at 477-0331.

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Ongoing Tuesdays or Wednesdays, 6-8 p.m. • This process oriented therapy group is designed for women who are seeking to reclaim their lives, experience more pleasure, and do more than "survive". Discussion, emotional release work, and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. $40 per session. Call 930-0864.

Women: Taking Control of Your Life with Laurie Krauth • Tuesdays, 6:30-8 p.m. • Supportive and challenging group for women who want to identify and change the self-defeating patterns that keep them unhappy in relationships, work, parenting or other situations. $30 per session or insurance. Call 996-9111, ext. 234.

Therapy and Support Groups (continued)

Overcoming Anxiety with Laurie Krauth • 8 week sessions TBA • Practical behavioral and cognitive techniques to reduce, control and overcome panic, excessive worry and phobias. $30 per session or insurance. Call 996-9111, ext. 234.

Ongoing Weekly Group Therapy for Women with Suzanne Eastman • Tuesdays or Wednesdays, 7:30-9:30 • For women committed to authenticity, personal and spiritual growth. Discover how to heighten your awareness and raise your life force within a nurturing and honest environment. $25. Call 665-9588; suzanne@home.msen.com.

Women's Empowerment Group with Betz King • Ongoing Mondays, 7-8:30 p.m. • The women's empowerment group meets weekly to create sacred space and address issues of self-esteem and self expression. $25 per week, with an 8 week commitment. Call 248-417-7755.

Touchstone Group Support Program for Women Survivors of Sexual Assault and Childhood Sexual Abuse through Assault Crisis Center • 26 sessions begins Wednesday, May 23, 6:30-8:30 • Touchstone is a two phase program designed to help survivors of sexual violence to move from surviving to thriving. Phase One is an 8 week information and discussion series. Phase Two is an 18 week therapeutic support group. $3 per session donation requested. Call Cathryn Antkowiak Howard at 971-3695, ext. 122.

Wicca

Hearth Witchery with Misti Tucker and John Morris • Second and Fourth Sunday of each month, 1 p.m. • Informal discussions of various aspects of the Old Religion of Europe. Free. Call John at 665-7291; seeker@cyberspace.org.

Womenspirit

The Sacred Feminine and the Tree of Life with Ellen Weaver through Weber Center • July 13 at 7:30 p.m. through July 15 at 1 p.m. • Come enter an extended Shabbat, forty hours of holy time and sacred space. Kabbalah is that which is received. Receiving as women, we will journey through the sacred feminine with story, song, dance, experiential process, prayer and silence. The Shechinah, the Divine Feminine Presence, is one of our guides and chanting melodies from liturgists R. Shefa Gold, Marcia Prager and Shoshana Cooper, one of our gateways. We will find rest and comfort under the wings of the Shechinah. $125. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Essence Point Women's Circle • May 15, June 19, July 17, Aug. 21 • Discussion and sharing group focusing on topics of interest to women, such as spirituality, relationships, empowerment, metaphysics and healing. Bring any divining tools you'd like to share. A short silent or guided meditation will be part of this gathering. $2. For times, call Anita McKay at 741-0478; mckays@concentric.net.

Essence Point Women's Retreat • May 19, 10-5 • A retreat for women interested in metaphysics and spirituality. A time to share, relax and maybe learn something new. We will have an opening ceremony, some simple yoga exercises, sharing, drumming, a special activity and healing energy work available. Snacks and lunch included. $35. Call Anita McKay at 741-0478; mckays@concentric.net.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: May 22, Noon-1:30; Part 2: May 29, Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $20 per session. Call 668-2733.

Nature Retreat to Renew Our Soul at Work: A Mini Retreat at Upland Hills with Professor Michael Whitty • June 17, 1-5:30 p.m. • A day in nature reflecting our work lives. A thoughtful look at how we can put more soul into our work. A fresh starting point in creating our futures. For cost, call 248-594-7596; mikewhitty@hotmail.com.

Summer Opportunities in a Buddhist Community: Work Study Program at Zen Buddhist Temple • June 15-Sept. 15 • The Zen Buddhist Temple in Ann Arbor offers a special summer program, which includes daily meditation practice and study, work in the large Temple garden and grounds, learning vegetarian cooking while working in the kitchen, and help with special projects (Peace Camp at Friend's Lake, Great Green Recycling Yard Sale, our 20th Anniversary Celebration, and renovating our new building). Attend from one week to three months. Limited scholarships available. For complete information, call 761-6520; a2buddha@aol.com.

Writing & Poetry

LifeWriting: The New Autobiography with Pat Kuessner through Weber Center • June 22 at 7:30 p.m. through June 23 at 5 p.m. • Life is the journey of the soul. Learn to write the stories only you can write - the stories about the unique you. This method allows you to explore greater intimacy and emotional authenticity than does autobiography from previous eras. $100. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

Writing as Self Discovery: Exploring the Magic Within with Jill Blixt • May 19, 9 a.m.-2 p.m. • We thirst for the deepest part of ourselves. That still, small voice that holds our truth, our dreams and our gifts. Writing can quench that thirst. It can reveal the complexity of our selves. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write; all that's required is willingness. $75 includes lunch and *The Right to Write* by Julia Cameron. Call 665-4577.

Movement and Writing: Fears into Soul Making with Elizabeth Alberda • Four sections offered, four meetings each • The poet said, "I don't trust it for a moment, but I drank it anyway, the wine of my own poetry. It gave me the daring to take hold of the darkness and tear it down and cut it into little pieces." Through bioenergetic movement and spiritual chakra opening, through image-making in the poem, we will meet the fear as friend to bring us to the holiest aspects of our mind. $30 each meeting. Call 663-5457; ealberda@mediaone.net.
Tuesdays, May 1, 8, 15, 22; 10-11:30 a.m., Wednesdays, May 2, 9, 16, 23; 6:30-8 p.m., Tuesdays, Aug. 6, 13, 20, 27; 10-11:30 a.m., Wednesdays, Aug. 7, 14, 21, 28; 6:30-8 p.m.

Zen and the Art of Writing with Geri Larkin of Still Point Zen Buddhist Temple • May 6 1-4 p.m. • Using Zen to improve creative writing. $30. Call (313) 831-1201.

Zen and the Art of Writing Haiku with Geri Larkin of Still Point Zen Buddhist Temple • June 16, 1-4 p.m. • Learn to write Haiku. $30. Call (313) 831-1201.

Yoga

Midwest Yoga and Wellness Conference: An Evening with Deepak Chopra and Yoga Teachers from Around the World • June 6-10, with Deepak Chopra speaking on June 8, 7-10:30 p.m. • Share a stimulating evening with Dr. Deepak Chopra and learn from some of the most highly regarded yoga and wellness teachers in the world. All skill levels represented. Invitations available to a private reception with Deepak Chopra. Single event, single and multi-day registrations available. For complete information, contact 800-599-9642; www.midwestyoga.com.

Sport-Safe Hatha Yoga with George Valenta • Mondays, April 30-May 28, 6:45-7:45 • Pure, straight, safe instruction and coaching in authentic Hatha Yoga. $48 for 5 weeks. Call 995-8720.

Ongoing Classes with Laurie Blakeney at the Ann Arbor School of Yoga • Classes taught in the Iyengar method to all skill levels. $95 for 9 week session. For complete information, call 663-7612; ljblakeney@aol.com.

Yoga Classes through Inward Bound Yoga Program: Level I, Level I-II, Level II and Level III Hatha Yoga Classes with Cathy King, Martha Laatsch and Lynette Smith • For brochure, call 327-4963; kingcm@dmci.net.

Astanga Yoga through Inward Bound Yoga Program with Jonathan Tyman • Saturdays, 8:15-10:00 a.m. • Ongoing drop-in class. For more information, call 996-4549; tyman@umich.edu.

Wake-up Yoga through Inward Bound Yoga Program with Barb Linderman • Wednesdays, 7:30-8:30 a.m. and Fridays, 7:30-8:30 a.m. • For more information, call 971-8562; gfl@umich.edu.

Postures to Sacred Music through Inward Bound Yoga Program with Barb Linderman • Thursdays, 5:30-7:15 p.m. • For more information, call 971-8562; gfl@umich.edu.

Kripalu Yoga through Inward Bound Yoga Program with Dottie Coyne • Thursdays, 10-11:30 a.m. • For more information, call 930-0192; bernidot@aol.com.

Introduction to Astanga Yoga through Inward Bound Yoga Program with Dennis Vogt • Saturdays, 10:25-11:55 • For more information, call 517-529-4179; dvogt@voyager.net.

Yoga for Moms and Dads with Young Kids with Ema Stefanova • Ongoing Mondays at 11 a.m. • Class suited for parents with infants in pleasant and safe environment for the children while the parents do yoga. You will learn postures, breathing and meditation. For cost, call 665-7801; emastefanova@compuserve.com or www.yogaandmeditation.com.

Yoga for Kids (Ages 4-6) and Parents with Ema Stefanova • Saturdays, 12:30 p.m. • Postures, relaxation and meditation for kids ages 4-6. Fun for the whole family! Invent your own yoga pose! For cost, call 665-7801; emastefanova@compuserve.com or www.yogaandmeditation.com.

Yoga for Kids (Ages 7-9) with Ema Stefanova • May 5, 12, 26; 1:30-2:30 p.m. • Postures, breathing, relaxation and meditation appropriate for kids this age will be taught and philosophical questions from the children will be discussed. Always fun! For cost, call 665-7801; emastefanova@compuserve.com or www.yogaandmeditation.com.

Yoga for Adults with Ema Stefanova • Ongoing Sundays at 5 p.m., Mondays and Wednesdays at 6:30 p.m., Tuesdays at 6:30 a.m. • Learn traditional style dynamic and static postures, deep relaxation and meditation you can use in your daily life. Small groups. Individual attention. Expert guidance. For cost, call 665-7801; emastefanova@compuserve.com or www.yogaandmeditation.com.

Power Yoga with Christy DeBurton • May 6 or June 3, 2-3:30 p.m. • Power Yoga is a series of flowing hatha yoga postures done to up-beat, rhythmic music. It is a total body workout, increasing heart rate and building strength, endurance, flexibility and balance. Each date is an individual class. $12 per class. Call Dance Gallery Studio at 747-8885.

Yoga Class through Zen Buddhist Temple • Six Tuesdays, 7:30-9 p.m., starting May 22 and June 2 • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization, and combines that experience with meditation training. Classes fill quickly, so register early. $50 for six sessions. Call 761-6520.

Yoga, Relaxation, and Power Breathing Workshop through Zen Buddhist Temple • June 2, 9:30 a.m.-Noon • Based on a 5-step approach for becoming fully aware of the purpose of human life: relaxation of one's body-mind, peace of mind and happiness, life is breath, mindful breathing is awareness, and awareness is awakening in this moment in life. Traditional yoga postures are used. $60 includes vegetarian lunch. June 2nd is also the first annual Midwest celebration of Change Your Mind Day! Call 761-6520.

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition. His teaching draws from this background, but he also reminds us that, like all of us, he has lived in many bodies, had many shades of skin, and followed many spiritual paths." Five books of Aaron's teachings have been published.

Jeanne Adwani has been involved with the Tarot since 1971. She began professional readings in England in 1982. She's explored many traditions since that time, and she's interested in elemental relationships and mythological archetypes. Jeanne is also a very talented artist and craftswoman, and her work has been on display through the years at Crazy Wisdom Bookstore.

Elizabeth Alberda brings the spiritual realm into focus through 20 years teaching writing and literature, 25 years of experience in bioenergetics, Mystery school with Jean Houston, and Shamanic training in soul retrieval. She has an MA in Literature from Syracuse University.

Maurice Alberda, MA draws on his study and teaching of literature, Bioenergetic Analysis, and shamanic studies in his Creative Integration work with individuals and groups. The works of Carl Jung, Joseph Campbell, Jean Houston and Robert Bly have significantly influenced him. He has been active as both participant and leader in men's work for many years.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since 1984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Lynn Andrews is a contemporary mystic, and the author of over 15 books, including *Medicine Woman, Flight of the Seventh Man,* and *Jaguar Woman*. Her newest book is *The Love and Power Journal: A Workbook for the Fine Art of Loving.*

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years. The AAIMT facility includes classrooms, a student clinic and a retail area.

Gary Arnold works as a hospice and home care volunteer and does bereavement counseling. He is also a Reiki Master and teaches classes in the Usui system of Reiki.

Assault Crisis Center is a program of the Washtenaw County Public Health Department, and the Center has been assisting survivors of sexual violence since 1976.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Lorie Ausel, MSW, CSW is a nutritionist.

Khita Austin, CMT is a Certified Rolfer. She has been in private practice as a Rolfer for twelve years and a bodyworker for 14 years. She is a senior practitioner and trainer of the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hodenosaunee medicine tradition.

Leland Austin, MA is a Certified Advanced Rolfer, and has practiced Rolfing in San Francisco and Ann Arbor for 15 years. He has also studied craniosacral therapy.

Marliesa Back is a traditionally trained Reiki Master, and intuitive. She works as an animal communicator and teaches animal communication.

Lisa Marshall Bashert is a founding member of the Out Loud Chorus and a co-facilitator of Women With Wings-West, a monthly women's circle of song and spirit. A member of the multicultural choral group Sacred Song, Bashert has been singing in choirs since second grade.

Anne Benedict and ***Dale Crayne, MA*** are co-creators of the Lightheart Center for Simple Living. They have been practicing the principles of living simply for 25 years. They coach and mentor individuals in clarifying life purpose, making career shifts, and learning simple living skills.

Patricia Benson is associate director of Weber Center and chair of the Earth Stewardship Promoters on the campus of the Adrian Dominican Sisters.

Pat Bergen, CSJ, Dmin — her experience has led her to design creative programs and rituals to deepen awareness of the interconnectedness of all creation. She has authored three ritual books celebrating the sacred communion in which we all partake.

Donna Biederman, MAT, Dhom has extensive experience in social work with the Dept. of Social Services, non-profit corporations, and nursing homes. She has also taught elementary school in Oak Park and Detroit. She is a certified herbologist and iridologist.

Laurie Blakeney has taught Yoga in the area since 1977. She studies annually in Pune, India at the Iyengar Institute.

Jill Blixt is a creativity and life coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. She brings her intuitive, nurturing and coaching skills to guide and engage individuals in discovering the power of their own gifts, talents and dreams. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Pamela Bloom is an ordained interfaith Minister. She is also the author of the recently published *Buddhist Acts of Compassion.*

Eileen Bond, ACSW is a licensed clinical social worker, with over 25 years experience working with children, adolescents and adults. She utilizes hypnosis for mind/body/spirit healing.

Angela Bourgeau is a nationally certified massage therapist, trained in a variety of therapeutic approaches, including Swedish Massage, polarity, myofascial and neuromuscular.

Photo by Linda Lawson

"I love bringing magic into people's lives." Bronwen Gates will be bringing her effervescence, and her Faerie Flower Magic Potions, to the Crazy Wisdom Tea Room, on the 2nd and 4th Tuesday evenings of each month.

Michael Bratcher has been a massage therapist for five years. He is a graduate of the Ann Arbor School of Therapeutic Massage and Bodywork, and he's nationally certified.

Patty Brennan is a midwife and health educator with over 18 years of experience working with pregnant women and their families. She is the Executive Director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccine Choices, Homeopathic Alternatives and Parental Rights: A Sourcepack of Information for Healthcare Consumers and Concerned Parents..*

Genie Britt is a disciple of Wu Kwong Yu, the fifth generation master of the Wu family, and has been teaching and promoting the Wu style of Tai Chi in the Detroit area for 10 years.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children. She was the subject of *The Crazy Wisdom Interview* in the May-August 1999 issue.

Chris Campbell was born and raised in Detroit, and now lives and works in Atlanta. As president of the organization, Time for T'ai Chi, Campbell teaches classes and works with major corporations offering workshops for executives and employees. Campbell has trained for over 12 years, and is currently studying with T'ai Chi Master Chungliang Huang.

Kapila Castoldi, PhD in High Energy Physics from the University of Milan, Italy is a Visiting Instructor at Oakland University. She is also the director of the Sri Chinmoy Centre of Ann Arbor, and has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 14 years. For the past ten years she has lectured on meditation and spiritual practice throughout the Midwest.

Jeanne Catherine earned her bachelor's degree in Dance from Antioch College. She has choreographed and performed at the Bryant Center, the Performance Network, and Top of the Park. She is a recent graduate of the Ann Arbor Institute of Massage Therapy.

Gurudev Shri Chitrabhanu is a Jain Master who has been in America since 1971. He brings to the West the 5,000 year old teachings of Ahimsa (non-violence) and reverence for all life.

Deepak Chopra, MD is one of the best known teachers in the world in the field of mind/body medicine. His books include: *Perfect Health*; *Ageless Body,* Timeless Mind; *Quantum Healing; Return of the Rishi; Creating Health*; *How to Know God*; *Seven Spiritual Laws of Success*; and *Way of the Wizard.*

Sally Clough is a lay teacher from Spirit Rock Meditation Center in Woodacre, California.

Barbara Hand Clow is the best-selling author of *The Pleiadian Agenda: A New Cosmology for the Age of Light* and *The Liquid Light of Sex*. Her other books include: *Heart of the Christos: Starseeding from the Pleiades*; *Eye of the Centaur: A Visionary Guide into Past Lives*; *Signets of Atlantis*; and *Chiron: Rainbow Bridge Between the Inner and Outer Planets.* Her newest book is *Catastrophobia.*

Lee Cole is a licensed psychologist, minister, and healer/shaman. Besides his training as a psychologist, Cole has been initiated into the Kahili tradition of Hawaiian shamanism, and in the Birdperson Yachak, a Peruvian shamanic tradition. He has trained at the De Nali Institute in Alaska in Rune knowledge and love.

Cynthia Cornell began her astrological studies as Uranus and Neptune converged on her Natal Mercury, and was quickly drawn to the study of Harmonics. She has completed three levels of astro-education with the Academy of Astrology in Lansing, and has lectured there and in Grand Rapids.

Teachers, Lecturers,

Gabriel Cousens, MD is the founder of the Tree of Life Rejuvenation Center in Patagonia, Arizona. He is a well-known author, holistic medical doctor, psychiatrist, homeopath and healer. His work encompasses vegetarian live-food nutrition, naturopathy, Ayurveda, homeopathy and acupuncture. His books include: *Conscious Eating, Spiritual Nutrition and the Rainbow Diet, Sevenfold Peace, Tachyon Energy: A New Paradigm in Holistic Healing*, and *Depression-Free for Life.*

Shanti Golds-Cousens is the director of Yoga and Guest Services at the Tree of Life Rejuvenation Center, and is a senior instructor of Kali Ray Tri Yoga. She has taught this kundalini-inspired, flowing form of hatha yoga internationally as well as at the Kali Ray Tri Yoga Centers in California. She is also knowledgeable and passionate about live-food and holistic health as a living foods instructor, aromatherapist and massage therapist.

Leigh Daniels has been a student and teacher of Magic in the tradition of Dion Fortune for over 30 years. He was the owner of, and astrologer for, Ladder Books in Ann Arbor. He is a founding member of the Grail Lodge, a ritual group started in 1988.

Bob Dargel, ACSW has 20 years experience providing counseling and growth coaching. He is "down-to-earth, practical and solution focused".

Christy DeBurton teaches yoga, T'ai Chi, and meditation throughout southeastern Michigan.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

David Deida is a teacher, and author of many books. His books include: *The Way of the Superior Man; Dear Lover; Wild Nights; It's a Guy Thing*; and *The Way of the Superior Lover.*

Nancy Denenberg is a physical therapist with special interests in women's health, walking/running and chronic pain resolution. With 12 years of experience as a certified Feldenkrais Practitioner, her work is intended to guide clients to increase body awareness and comfort in everyday movement.

Malang Diatta came to the U.S. while traveling with the Mandika Epic Ballet from Dakar, Senegal. He is native to Senegal, and has studied dance for many years under teachers from Guinea, Senegal and Mali.

Eileen Dickinson has been a certified Trager® Practitioner for several years. She has been a physical therapist since 1975.

Drumwomyn (pronounced drumwoman) is based on the tradition of Ubaka Hill and the DrumSong Orchestra. "As we learn intricate rhythms, parts are put together to create a greater whole. Hence our singular name and motto: *Drumwomyn; One Drum, One Womyn.*"

Jeffrey Duvall is co-director of Men's Council Project of Boulder, Colorado.

Suzanne Eastman, MS, LLP, CSW conducts women's therapy groups, dream groups and workshops. Her background includes training in traditional and non-traditional psychotherapeutic techniques including shamanic healing. Her orientation is eclectic, with Buddhist and Jungian influences.

Ryan Edwards returned in April from a second trip to Africa. He has studied in Guinea, Boston, NYC, Michigan and elsewhere. An easy-going teacher, Ryan's "head is in the tradition, his feet on the ground, and his heart in the drum".

Tom Egan, M.Ed. in Counseling, lives in Ann Arbor and works as an engineer. He does Holistic Health Counseling, has taught in the public schools, is a Reiki practitioner, and is a "National Champion" springboard diver. He has developed and facilitated Spirit programs for adolescents and athletes. He also offers "healing waters therapy".

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. A former co-owner of Crazy Wisdom Bookstore, Jonathan now has a full-time practice in Ann Arbor as a spiritual director, where he meets individually with people once a month to support their independent spiritual path. A raconteur and man about town, he can often be spotted sipping tea at the new Crazy Wisdom Tea Room.

Mateyo Empie, the Medicine Woman, has walked between the worlds for over 30 years, supplementing her experiences with studies in indigenous shamanism, aura reading, conscious counseling, ritual forms, divination, and several energetic healing modalities. In this world, "the plant and stone people are among my most important advisors".

Essence Point Spiritual Center is a non-profit spiritual network dedicated to supporting inner joy, and was created from like-minded individuals who met as a result of being connected with John Friedlander's work in some way. The network offers the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Diane Evans is a retired public school teacher. Specializing in interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling for the last five years. Currently, she maintains a private practice and works part-time at Crazy Wisdom.

Susan Fancy has worked in the healing arts for 9 years. Her background includes flower essences, hands-on and energetic healing, past-life regression, herbal therapies, and Reiki.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, and the Michigan Federation of Astrology. She is the owner and operator of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Sandy Finkel, MPH is co-founder of Jewel Heart Buddhist Center, and has over 20 years experience with meditation and Tibetan mind training. She is the owner of Lifeskills Coaching, and works with businesses, groups and individuals.

Lori Fithian brings a broad range of musical experience to her classes, workshops and "Drummunity Circles," empowering people and building community through the drum.

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development, in Whitmore Lake. She is Gurudev Chitrabhanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book *The Psychology of Enlightenment*. She is a counselor, teacher and lecturer and has taught over 2,000 students to meditate.

John Friedlander is a nationally recognized psychic, author and teacher. He has studied with Jane Roberts in her Seth class, and at the Berkeley Psychic Institute with founder Lewis Bostwick. Friedlander teaches an easy system of energy awareness in seminars around the country. His latest book is *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*, available at Crazy Wisdom.

Melanie Fuscaldo, LPC, NCC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help clients increase their happiness in current or future careers through attention to body, mind and spirit. She has a passion for counseling and works with each person to connect with her or his own inner wisdom.

Dawn Gaden is currently earning a certification from Oakland University in complementary medicine and wellness. She has also completed a significant amount of the work required for an M.A. in Counseling from Oakland University.

Bronwen Wildflower Gates, PhD is a teacher and healer who combines the discipline and knowledge from her formal training in Biology, intuitive and shamanic gifts, and the benefits of her twenty years of exploring the nature of health and healing, the body-mind-spirit continuum, and the relationship between humans and nature. She offers spiritual therapy and counseling, as well as teaching how to develop and claim a co-creative partnership model in one's relationship to nature, one's body and one's world. She was the subject of *The Crazy Wisdom Interview* in the January-April 1998 issue.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He developed the *Reiki With Animals* workshops. He co-developed *Heart Centered Reiki* with Cousens. He founded the Center for Intuitive Health. He teaches Reiki and Intuitive Development classes on: People and Animals, Reiki and other Healing Techniques, and Energy Clearing and Processing. He also teaches with the Practical Psychic Center of Ann Arbor.

Karen Gottschalk is a Masters level psychotherapist who works with couples and individuals seeking to enrich their intimate relationships. She has a private practice in Ann Arbor.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in ballroom dance, T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Harriette Hartigan, BA has been photographing childbirth, other life experiences and nature since 1975. She produces teaching resources, and creates calendars, posters, art shirts and note cards. She has a studio in Ann Arbor.

Craig Harvey has been involved in world healing meditations for many years, and individual/group energy work for two years.

Elizabeth Hawkins founded Writing Workshops™ in 1995, and has facilitated over 100 classes around the country.
She has studied at Naropa University in Boulder, Colorado, and has trained with Buddhist master, Thich Nhat Hanh, Native American healers, and shamans from Ecuador.

Zachary Hayes is professor of theology at Catholic Theological Union in Chicago. The relation between science and religion serves as the framework within which he considers ecological issues. The place of the cosmos in Christian spirituality is an area of great concern and interest to him.

Deb Hillebrand has been a percussionist and vocalist since youth. She currently teaches multi-cultural vocal music, percussion and rhythm in a Waldorf-inspired public charter school. She also teaches privately, and is the current musical director/instructor for *DrumWomyn.*

Barry S. Hobbs, DC is a chiropractor based in Canton. His clinic, Michigan Specific Chiropractic, specializes in working with the Central Nervous System. He lectures on a variety of health topics in the community.

Laurie Hodder-Davis, RNC is a Women's Health Nurse Practitioner and a Certified Regional Trainer for NRP. She has 14 years experience in neonatal intensive care, including transport and stabilization of high-risk and critical neonates. She worked for 22 years in both high-risk and low-risk obstetrics in Michigan.

Maribeth Howell is professor of Sacred Scripture at St. Mary Seminary, Wickliffe, Ohio. She has a deep love for the Scriptures and is especially fond of the Psalms and Wisdom books.

Robert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He augmented his studies with 2 years in residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Barbara D. Hutton, MA, LLPC, CHt is an experienced counselor and hypnotherapist who works holistically with individuals, couples and families. She brings over 11 years of experience in the mental health field.

Workshop Leaders, and the Centers

ward Bound consists of Dottie Coyne, Cathy King, Martha aatsch, Barbara Linderman, Lynette Smith, & Jonathan yman. Inward Bound offers a variety of approaches to the an- ent discipline of yoga. The instructors draw upon their experience ith many traditions & teachers. All classes emphasize integrated reathing techniques & include a period of relaxation. Flexibility, rength, balance & concentration are developed. Classes may in- ude music & asana series. ***Barbara Linderman*** is the program irector of Inward Bound.

arol Jacobs was involved in a Native American drumming circle r four years. When that circle dissolved a year ago, she was rawn to start a new circle.

ewel Heart is dedicated to the preservation of Tibetan Buddhism d to the practice of its rich tradition within the context of con- mporary life. Jewel Heart sponsors public talks and teachings y its spiritual director, Gelek Rinpoche. Meditation instruction, treat weekends and Lam Rim teachings are also scheduled roughout the year.

es Iman Jihad has experience as a facilitator for the U-M's In- rgroup Dialogue Program, for the U-M Office of Student Af- irs, and at Lesbian/Gay/Bisexual/Transgender conferences.

arma Thegsum Choling — The Ann Arbor KTC was founded y the Venerable Khenpo Karthar Rinpoche, an Abbot of the Karma agyu Order of Tibetan Buddhism. The Karma Kagyu Order is nowned for its emphasis on practice, meditation and devotion. ong-term students offer basic meditation instruction and partici- ate in weekly discussions.

arano Kelley is an author and motivational speaker.

sther Kennedy brings to the Writing the Labyrinth workshop her perience and study of eastern spirituality, her understanding and ve of the labyrinth, and her belief that at the center there is only e Dance. She is on the staff at Weber Center.

my Kern has been singing in choirs, bands, orchestras and camp- res since the age of 9. She is a member of Notable Women and pecially loves chanting.

urudarshan Khalsa is a Holistic Family Physician, yoga teacher, d co-founder of the Detroit Men's Wisdom Council.

etz King is a masters level psychotherapist with extensive expe- ence in combining psychotherapy and spirituality.

arole Kirby, ACSW has 23 years experience as a therapist and spirational teacher. She is a certified Imago therapist/coach and orkshop presenter of Getting the Love You Want Couples Week- nds. She believes "we have the capacity to be fully alive and to arn, grow, and feel a deep connection to others and ourselves". She ppreciates diversity and gives workshops for heterosexual couples, r Lesbians and Gays, and for single individuals.

ob Koliner, DC practices Bio-Geometric Integration in Ann Ar- or. Dr. Koliner graduated with honors from Sherman College of traight Chiropractic. After studying Network Spinal Analysis r 6 years with its founder, Dr. Donald Epstein, Koliner currently udies with Dr. Sue Brown, who has expanded upon the Network odel.

ekaye Kouyate was born in Mali, in West Africa, and began to udy the drum when he was 8 years old. He is now a professional rummer, and has performed in many professional ballets. He so does djembe repair and sales.

aurie Krauth, MA, LLP is a psychotherapist who works with dividuals, couples and groups, as well as a writer and journalist. Michigan Limited License permits practice under the supervi- on of a fully licensed psychologist (Zona Scheiner, PhD).

at Kuessner is founder of Thistledown, a memoir writing business Ann Arbor. She finds teaching memoir writing classes, seminars d workshops sacred work. She is the mother of three grown ildren and the grandmother of seven.

ristine Kurnit, MA is a licensed psychotherapist in practice for years. She is a senior teacher at the Deep Spring Center.

ri Larkin, an ordained dharma teacher, is the guiding teacher Still Point. She is the author of several books, including *Woman Woman: Street Smarts for Women Entrepreneurs, Bad Hair Days, umbling Toward Enlightenment,* and *Building a Business the ddhist Way.* Her latest book is *Tap Dancing in Zen.*

he Lighthouse Center is a non-profit center for spiritual devel- ment founded by Catherine Chetana Florida. It offers ongoing sses, and programs in spiritual development, meditation, Reiki d related topics.

Michele Loewe, MD is a Naturopathic Physician at the Huron Valley Naturopathic Clinic.

Robyn Lowenstein is a third generation clairvoyant, currently using her abilities through tarot readings. Her readings focus on both the cards, themselves, and intuition. Often, during her readings, lost loved ones will also make their presence known. She is in the process of writing her first novel.

Jeanne Mackey, MSW, ACSW is an ecotherapist and performing musician (vocals, guitar, mandolin, tiple). A long-time community builder, she draws on European, Chinese and Native American earth-based traditions. She is former director of Sacred Song and a co-facilitator of Women With Wings-West, a monthly women's circle of song and spirit.

Laura Massaro is a facilitator, musician and music teacher. She facilitates *The Artist's Way* and *Songwriting* workshops. The focus of her life-work is transformation and self-discovery through being creative in everyday life. Her CD is entitled *Quiet Bravery.*

Richard Maurer has studied numerology, tarot cards, astrology and esoteric subjects and philosophy for 30 years. A graduate of EMU, he has taught classes on a variety of subjects, at the University of Michigan and other locations around the state.

Anita McKay, trained in fine arts and healing, has spent recent years developing an already strong intuition into a reliable clairvoyance. She combines her skills as a psychic and an artist to create spirit guide drawings *or* as a psychic and healer to do personal energy work.

Dawn McClain is committed to sharing her spiritual path, her successes and her stumbling points, with others on the journey.

Quentin McMullen, MD and Molly McMullen-Laird, MD have both trained in Internal Medicine in the United States, and Anthroposophical Medicine in Europe.

Kevin Meisel is a Masters level psychotherapist who works with individuals, couples and families. His special interests include working with couples to empower and enrich their relationships. He has a private practice in Canton.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a business manager and teacher of fashion and interior design.

Patrick Munson, MD is a Board Certified Emergency Physician who has been a teacher of wilderness awareness and the mind body connection since 1995. He believes in an approach to health grounded in awareness to and connection with all things.

Michigan Mushroom Hunters Club is dedicated to having fun while learning to identify wild mushrooms, including how to identify medicinal as well as poisonous ones. All ages are welcome, but you must like a good hike in the woods.

Majida Sylvia Middlebrooks and ***Siddiq John Middlebrooks*** have been students of the Sufi path of the heart since 1983, and have taught the Dances of Universal Peace for the past 10 years. Siddiq John is a recognized teacher in the Sufi Islamia Ruhaniat esoteric school in the tradition of Murshid Samuel L. Lewis and Hazrat Inayat Khan.

Maggie Miller is a graduate of AAIMT and has been an instructor there since completing its teaching program. She is a member of the American Massage Therapy Association and is certified by the National Certification Board for Therapeutic Massage and Bodywork.

Richard Miller has over 20 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan; from 1978 to 1991, he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in 1992.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

John Morris, Mdiv, PhD is the Editor of *The Seeker Journal*, an international pagan newsletter, and a long time elder in the Pagan community.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in Durham, N.C., where he does transpersonal counseling and teaches at Duke University.

Lucinda Orwoll, PhD, LLP is a Licensed Clinical Psychologist who combines transpersonal and traditional approaches to therapy. She uses clinical hypnosis, meditation, and energy anatomy to help raise consciousness and facilitate healing.

M.N. Ozdalgar, MD, FICS pioneered the Auto-Immunotherapy vaccination treatment, in 1961. He has a long-standing private practice in Michigan, following a distinguished career in surgical medicine.

The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures. The purpose is evolution: the evolution of consciousness.

Melanie Peelman-Fuscaldo is a Licensed Professional Counselor with a National Counseling Certification. "My mission within my private practice is to help clients increase their happiness in current or future careers through attention to body, mind and spirit."

Judy Piazza has been exploring the capacity of sound for health, vitality, expression and celebration for over 25 years. As a multi-instrumentalist, performer, educator, percussionist with the group "Repercussions" and founder of "Resonance and Rhythms", she facilitates workshops and performances around the country.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Rabbi Esther M. Rand received ordination and smicha from P'nai Or Rabbinical Seminary and Rabbi Zalman Schachter-Shalomi, and she has also earned her MA in Pastoral Counseling. She has studied with a Kabbalist for over a decade, as well as with spiritual leaders and shamans of many traditions and pathways for two decades. She is currently working to bring people together in Spiritual Community.

Neil E. Rand, Ph.D. earned his doctorate in psychology and has spent 29 years assisting individuals and groups in aligning themselves in their spiritual and personal lives. His methods are derived from years of study and practice in a number of esoteric and traditional disciplines. He is currently working to bring people together in Spiritual Community.

Richenda "Ricki" Reeves was certified a Masters Level Astrologer after a two year intensive study program with Noel Tyl, and has been endorsed as a Certified Astrological Professional with the International Society for Astrological Research. She has lectured at various astrology schools and conferences, and her first book, *The Quindecile*, is being published by Llewellyn in March, 2001.

A'dzom Rinpoche is an American born ordained Ngakma of the Nyingma lineage of Tibetan Buddhism, who has been recognized as an incarnation of two major Tibetan yoginis. The Tibetan yogi Namkha Rinpoche, whose family holds a precious Buddha Tara lineage, has said of her: "To me she is none other than Tara herself."

Gelek Rinpoche, spiritual director and founder of Jewel Heart, was carefully tutored by Tibet's greatest living masters. A member of the last generation of lamas to be born and fully educated in Tibet, Gelek Rinpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society, and his skill as a teacher of Buddhism in the West. He is now an American citizen.

Traktung Rinpoche is a lineage holder of the Nyingma tradition, the oldest school of Tibetan Buddhism, and incarnation of the great Mahasiddha Do Khyentse Yeshe Dorje. He is an American born Tantric master with both Western and Tibetan students. He offers an opportunity to study the authentic ancient Tantric tradition in a contemporary context. Currently, Traktung Rinpoche is founding a nunnery in Nepal for 22 Tibetan nuns in exile, who have been placed under his care.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 19 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain.

Miguel Ruiz is the author of the best-selling book, *The Four Agreements.* He is also the author of *The Mastery of Love: A Practical Guide to the Art of Relationship.*

Teachers, Lecturers, Workshop Leaders, and the Centers

Scott Runyon is a graduate of the Ann Arbor Institute of Massage Therapy, and has been an instructor since completing its teaching program. He has lectured about the benefits of therapeutic massage at many high schools in southeastern Michigan.

Frances Salvato of the Chicago School of Massage Therapy has advanced training in pregnancy and infant massage, energetic techniques, sports massage, cranial work, and myofascial massage therapy. She directs the Chicago School's advanced myofascial training.

Linda Sayer, DC is co-owner of the multidisciplinary clinic, CCMT. She is a chiropractic physician who works towards the integration of the chemical, structural and spiritual/emotion of the individual. Applied Kinesiology, nutritional counseling and mind-body medicine are used extensively in her practice. She is currently developing and writing about Spiritual Anatomy.

Kathleen Schanz is the director of the Weber Center.

Darren Schmidt, DC, ND is a chiropractor who uses herbs and nutrition extensively. He also uses very powerful homeopathic remedies for emotional re-patterning.

Sarah Ann Sharkey is professor of Sacred Scripture at Oblate School of Theology in San Antonio, Texas. She is passionately convinced that the God of the Scriptures, the Creator of the Universe, calls us to keep the earth, today!

Sandra Shears is a local spiritual channel and counselor in practice since 1990. She offers an accelerated process for becoming Soul, through advanced energy healing and activation.

Jewel Shelden is a professional psychic and hypnotherapist. She teaches classes on various metaphysical and occult subjects, and does conscious channeling for private clients and groups.

Kathy Sherman, CSJ, MPS is a singer, composer and poet with a passion for the communion of life of which we are all a part. She has published eleven albums of music, the most recent being *The Heart Knows*.

Shining Lakes Grove is the Ann Arbor branch of Ár nDraíocht Féin: A Druid Fellowship (ADF). "We join hundreds of individuals and small groups throughout the world who are working within the framework of ADF to better ourselves, our local communities, and our world. We are bringing the philosophies of ADF to life at the grassroots level and introducing our Pagan beliefs to the mainstream."

Frederic Sibley has been a student of astrology for 30 years, and has maintained a private practice, largely on the West Coast, for nearly a decade. He is also a published poet whose work has appeared in England, Japan and the U.S.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Melissa Sklar, MS, LLP has been practicing psychotherapy for nine years, and specializes in EEG Biofeedback.

Helen Slomovits has been actively engaged with the Artist's Way process since 1995. She has participated in creativity workshops led by Julia Cameron, Sonia Choquette and Starhawk. She is also a musician, songwriter and poet.

Laszlo Slomovits is an award-winning songwriter for both children and adults. Since the mid-1970's, as part of the duo Gemini (along with his twin brother Sandor), Slomovits has performed in concert halls, festivals, and schools throughout the U.S. and Canada. He plays fiddle, guitar, mandolin, pennywhistle, and Native American flute.

Richard Smoot has 28 years of astrological study, counseling and teaching experience. He is a Professional Member of the American Federation of Astrologers and a Level IV Certified Astrologer with the National Council for Geocosmic Research. In addition, Smoot is a registered Social Worker for the State of Michigan with 15 years of experience in personal and crisis counseling.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience, as well as training with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, the founder of the first yoga university.

Judy Stone, CN, MSW is a certified nutritionist and director of Nutrition Magician™. She has been working with food, nutrition, health and mental health for over 20 years. She teaches and consults in southeastern Michigan, and provides corporate and professional training in holistic health and nutrition. She also publishes *Eater's Digest*, a free, online newsletter at www.nutritionmagician.net.

Ajahn (Sister) Sundara is a Senior Nun from Amaravati Monastery in England.

Rev. Haju Sunim (formerly Sukha Murray) was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 25 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 15 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago. Among other responsibilities and endeavors, Sunim performs weddings, memorial services and other important rites of passage.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Second Vice President for the American Massage Therapy Association. She is also certified with the National Certification Board of Therapeutic Massage and Bodywork.

Andrew Taylor focused his bachelor's degree on theater and speech in secondary education. He has been living, teaching and creating *The Artist's Way* for four years. His interests include Creative Writing, Bead Jewelry and Acting/Directing.

Jani Thomas, RN, Dhom has been a registered nurse for ten years, specializing in neonatal intensive care. For 5 years she was the Nursing Director of the Irvine Neuro-Rehabilitation Center in Southfield, and still serves as a consultant to the center. She has developed curricula for parenting and child development programs and has taught pediatric care to nurses and parents. She continued her studies in Homeopathy, completing post-graduate work at the Institute of Natural Health Sciences.

Mary Tillinghast is in her 16th year of managing Castle Remedies. She also has worked with Ed Linkner, M.D., and under his guidance has had hands-on-training in the use of homeopathic medicines

Kay Troitino is a Reiki Master (Usui) with three years of experience. While practicing Reiki, she became medically intuitive. She is also a writer of fiction and poetry. For the past 20 years, she has worked as a marketing and financial services adviser.

Tsogyel-gar, formerly named Crazy Cloud Hermitage, is the center of the Flaming Jewel community of practitioners of the Nyingma tradition of Tibetan Buddhism. The Nyingma tradition is the oldest and original lineage of Tantra in Tibet and is unique in its Sangha of ordained non-monastic Ngakpa, or 'mantra wielding', practitioners. Tsogyel-gar exists for the study and preservation of the Ngakpa lineages.

Misti Tucker is one of the editors of the monthly *Seeker Journal*. She has been leading rituals and classes in Witchcraft, in Ann Arbor, for more than 10 years.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

George Valenta has appeared in more than 200 half-hour productions of the cable series Yoga For Today. He has been practicing for 25 years, and teaching for 12 years. Recently relocated to this area, his classes consist of Hatha Yoga—pure, simple, safe and authentic. He originated and developed Sport-Safe Yoga while employed by the YMCA of Metro Detroit.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting that encompasses a barn-chapel and library, retreat houses and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups and is a Level II EMDR therapist.

Nancy Warren, MA, LLP is a psychotherapist and bodyworker. She learned the Enneagram under the direction of Claudio Naranjo, in Berkeley, California, over a two year period.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Photo by Linda Lawson

Laura Massaro is teaching a Songwriting course this spring. She also facilitates Artist's Way groups. She has a CD entitled *Quiet Bravery*. (great title!)

Jeanie Wayker has been a student of the 4th Way for more than 21 years.

Ellen Weaver is a teacher, Jewish pastoral counselor, and healer. She is the director of MotherTree in Woodstock, New York, and has taught at Omega and other East Coast centers. She is certified in Human Capacities Training by Drs. Jean Houston and Robin Van Doren.

Penny Weaver, PsyS, MA practices the new psychology of integration of mind, body and spirit. She is a psychotherapist, hypnotist, Reiki Master and teacher of meditation and Reiki.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Ian White is the founder of the Australian Bush Flower Essences and a fifth generation Australian herbalist.

Michael Whitty is co-editor of *Work and Spirit: New Spiritual Paradigms for Organizations*, a book of readings on visionary organizations. He is a professor at the University of Detroit, as well as a facilitator, trainer and consultant.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 20 years of experience in the healing arts including 13 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past seven years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. In addition to her work as a therapist, Lisa is a Pathwork helper, a musician, and a mother.

Jan Wright, PhD has extensive experience in facilitating workshops and in experiential education.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Haju Sunim***, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years.

Where do we distribute The Crazy Wisdom Calendar?

4,500 copies of *The Crazy Wisdom Calendar* are distributed free all over town! If you would like to have 25 to 50 copies of *The Calendar* dropped off at your office or center, please let us know. Below is a list of places we drop off copies of *The Calendar* when it's fresh from the printers. Since *The Calendar* covers a four-month period, we also make an effort to replenish the supply at certain of these places, particularly at Whole Foods, the Food Co-op, Castle Remedies, Café Zola, Kerrytown Market, and Nicola's Books. Copies of the current issue of *The Calendar* are also always available at Crazy Wisdom Bookstore and Tea Room for the first 2 months covered by each issue. After that, they're gone.

Distribution points:

Whole Foods • Castle Remedies • Ann Arbor Institute of Massage Therapy • Complete Chiropractic • North Campus Commons • Ancient Formula • BioEnergy Medical Center • Kerrytown Market • Drs. McLean & Koliner • Nicola's Books • Peaceful Dragon School • Flaming Jewel Dharma Center • The Food Co-op • Sweetwater • Jewel Heart • Café Zola • Crazy Wisdom • Common Language • Shaman Drum • Michigan League • Michigan Union • Middle Earth • Zen Temple • Lighthouse Center • Deep Spring Center • Weber Center • Wholistic General Medicine on E. Stadium • John Bodary •

The Crazy Wisdom Calendar is associated with Crazy Wisdom Bookstore & Tea Room, 114 South Main Street, Ann Arbor, Michigan (734)-665-2757.

MEDITATION
and
SPIRITUAL HEALING
Sundays at Noon
at Crazy Wisdom Bookstore

Every Sunday at noon in the Crazy Wisdom Bookstore 2nd floor meeting room, Jonathan Ellis offers a silent healing meditation for those present, as well as for people who have asked for distant healing. After the 15 minute group meditation, Jonathan leads individual spiritual healing for those who request it, using the training he received as a spiritual healer at the 100 year-old Cassadaga, Florida Spiritualist community. All are welcome to attend. Call Jonathan in Ann Arbor at (734) 668-6672 for further information. Or just come at noon on any Sunday, weekly through June 24. (Not meeting in July; resuming August 5, 2001.)

Crazy Wisdom is now on-line!
Visit us at
www.crazywisdom.net

- Browse through *The Crazy Wisdom Calendar* and the Health & Healing Resource Guide.
- Find out which musician is featured in the tea room this weekend.
- Check out the Tea Room menu for a carry out order.

These are just a few of the features offered on the Crazy Wisdom website.
So don't miss out, click on www.crazywisdom.net today!

Windrise

Spirituality Center, Metamora, Michigan

Calendar of Events

Laura Hyde: The Self-Mastery Program	May 4-6
Sandy Scott: JoySpring at Windrise	May 11-13
Jillian Hovey: Permaculture-- Designing Human Systems in Harmony with Nature	May 25-29
Sensei Anthony Sanchez: Ascensions	June 1-2
Sandy Scott: Summer Solstice at Windrise	June 21-24
Estela Monjo and Dan Dwyer: Shalem Wilderness Retreat	June 23-28
P'arang Geri Larkin: Zen Meditation Retreat	June 28-July 2

Windrise Spirituality Center is located in Metamora, Michigan 50 miles North of Detroit. The site is a 150 acre farm bordered by the Flint River. The property is laced with hiking trails through forest, among hills, and open meadows. Solitude, prayer and community are powerful sources of grace we yearn for in the midst of busy challenging lives.The Center sponsors programs or individual retreats for persons seeking an opportunity to replenish the mind, body, and spirit. For more information Call (**810) 678-3290** View our website **www.windrise.com** or email: **staff@windrise.com**

Pathways In Light & Love

Dedicated To Increasing Light & Love In This Dimension

Our vision is to bring forth a consciousness of Spiritual Community among the Light Workers of this Dimension and bring Light and Love to the Earth by:

- Supporting each other in our Spiritual Development and Personal Growth in the Light
- Creating a Spiritual Community and a Center for spiritual activities, events, classes, festivals and gatherings
- Actualizing our Spiritual Pathways by sharing our wisdom, abilities, gifts and experience with each other

Spiritual Growth Groups

We envision a Spiritual Growth Group dedicated to the fulfillment of our individual Spiritual Pathways and to provide assistance to one another on our Sacred Journeys. Further we dedicate ourselves to bring Light to this Earth Plane and to extend Love and Acceptance to each other. We recognize these Spiritual Growth Groups to be part of a Universal Spiritual Community of those who both seek Light and bring Light to this Dimension. **New Spiritual Growth Groups forming NOW!**

- Gain a greater understanding of your Spiritual Pathway
- Receive support in achieving your spiritual goals
- Love others and be loved in return; share support and acceptance with others
- Open your heart in trust to others in the group; communicate with openness and honesty
- Share your spiritual abilities; attain greater depth of knowledge of your Self

Classes To Be Offered Summer 2001 (See Calendar Listings)

Small experiential classes in:

- Finding Your Inner Guidance & Your Spiritual Pathway
- Meditation: Opening Yourself To The Higher Dimensions
- Working With The Light & The Cosmic Laws
- Healing, Manifestation & Using Crystals

Contact: Neil E. Rand, Ph.D. & Rabbi Esther M. Rand (734) 327 - 5953

AND..... **** Coming Soon To Cable TV, Channel 17 ****

"Journeys To The Light" *A Television Program Bringing Light & Love To Our World*

A program to encourage and inspire people by creating an awareness of the multitude of spiritual pathways available in our community and enabling the viewer to experience each approach. Weekly features will highlight spiritual centers, individuals, events and riveting topics. A consciousness of the Oneness of Spiritual Community is our goal.

THE CRAZY WISDOM CALENDAR

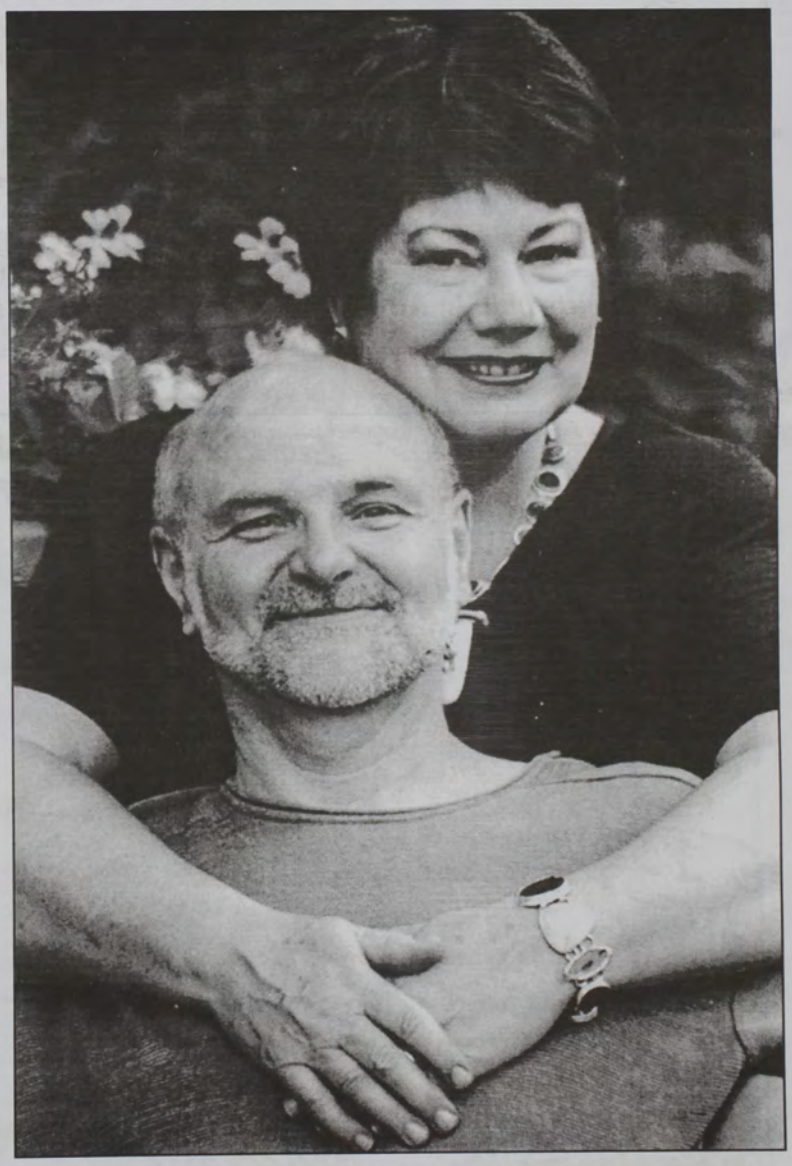
ISSUE NO. 19

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

SEPTEMBER THROUGH DECEMBER 2001

The Crazy Wisdom Interview

Evie Gauthier and Leigh Daniels on Ritual and Ceremony for Spiritual Development



"A GATHERING IN SPIRIT"

Through the Grace of God and the help of her Spiritual Teacher Michael Silverman, Brenda has been blessed with a spiritual transformation in which ***Inner Enlightenment/No Mind Within*** *has been Realized. From this perspective and as a Westerner, she shares her insights, wisdom and spiritual/meditative state through a variety of public events and private meetings:*

Brenda Morgan, PhD
Spiritual Mentor and Guide

"EVENING MEDITATION AND SPIRITUAL DIALOGUE FOR THE GENERAL PUBLIC"
Wednesday evenings, September 12th and November 14th
7-8:15pm, Love Offering, $15 suggested

"THE GLANCE OF LOVE"
Evening Spiritual Seminar, October 19th
7-9pm, $35/person

"A GATHERING IN SPIRIT"
Daylong Spiritual Retreat/Intensive: each gathering is unique
Saturdays, October 20th and December 8th
9am-4pm, $85/person

"IN ANY GIVEN MOMENT"
Evening Spiritual Seminar, December 7th, 7-9pm, $35/person

Events held in Ann Arbor area. For pre-registration, flyer: (734) 665-0536

Weber Center

The Contemplative Practice of Photography

October 5 - 7
Friday, 7:30 pm – Sunday, 1 pm

Is your photography an expression of your spirituality? This workshop will focus on the contemplative nature of photography that is possible in taking, viewing and remembering pictures. The weekend will include four sessions led by Jim Miller, each of which will include examples of his photography in a contemplative environment. Emphasis will be upon the experience of photography, not its technical expertise.

Presenter:

Jim Miller, a clergyman and spiritual director, has made his living for over a decade as a photographer, writer, video producer, and public speaker. His most recent photographic work includes landscapes from Ireland and the cathedrals of England.

$150 includes room and meals.

Weber Retreat and Conference Center
Adrian, Michigan (517) 266-4000
www.admc-op.org/weber

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Expires 10-31-01

Windrise

Spirituality Center, Metamora, Michigan

Calendar of Events

Wind Daughter: Women's Weekend	September 14-16
Satyen Raja: Enlightenment Intensive	September 20-24
Shari Havel: Love Yourself, Heal Your Life	September 28-30
JoAnna Pepe and Estela Monjo: The Gift of Creativity and Renewal	October 12-14
Dan Dwyer and JoAnna Pepe: Sacred Play and the Passion for Service	October 19-21
Francie White and Abbe Grossman Tending the Feminine Soul	October 26-28
Mateyo Empie: Shamanic Empowerment	November 9-11

Windrise Spirituality Center is located in Metamora, Michigan 50 miles North of Detroit. The site is a 150 acre farm bordered by the Flint River. The property is laced with hiking trails through forest, among hills, and open meadows. Solitude, prayer and community are powerful sources of grace we yearn for in the midst of busy challenging lives.The Center sponsors programs or individual retreats for persons seeking an opportunity to replenish the mind, body, and spirit. For more information Call **(810) 678-3290** View our website **www.windrise.com** or email: **staff@windrise.com**

Serendipity Center

*Intuitive Energy Work
*Aura Reading
*DNA Activation
*Inner Child Work
*Shamanic Healing
*Etheric Surgery
*Couples Work
*Channeling
*Art Therapy
*Repatterning Limiting Beliefs

Our intention at Serendipity Center is to serve you in the highest possible way. We provide a unique and personal healing session for you.

Todd Stockwell is a Healing Facilitator, an Initiated Teacher in the Brotherhood/Sisterhood of Light, a Personal & Professional Goal Coach, as well as a Management Consultant.

Sandra Stockwell is an Intuitive Healer, Channel, Initiated Shaman, and an Initiated Teacher in the Brotherhood/Sisterhood of Light.

We offer workshops in **Art Therapy, Creating Abundance, & Designing your Dreams.** We Have the authority to teach workshops by by the Triolite Foundation: **Gifts of the Spirit, Alchemy, Astral Travel, Sacred Geometry, Stress Management, & Romantic Living.** We also have the authority to teach **Transforming your Marriage** by Karen & Sid Greenberg.

Serendipity Center
P.O. Box 185
Hudson, MI 49247
(517) 448-5886

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offered by the
Institute Of Transformational Hypnotherapy
Licensed by the Michigan Department of Career Development
Certificate No. C9234

Institute of Transformational Hypnotherapy

The professional hypnotherapy program offered by the Institute of Transformational Hypnotherapy is a valuable adjunct for all helping professions. Learn to help clients and fellow travelers on the spiritual path to heal the wounds of childhood; to heal and resolve destructive patterns and limiting beliefs. The Institute's training program is a Soul focused therapy, healing the Soul's memories and opening the doors to higher consciousness. The program is structured to give participants a comprehensive understanding of the theory and practice of hypnosis and to provide an environment for personal transformation. Classes are taught by Robert Ranger, M.A., C.Ht. and Cheryl Beshada, C.Ht. A school brochure describing the course work which is necessary for certification as a hypnotherapist is available on request.

The certification program consists of 120 hours of theory, demonstration and practicum
Classes are held on weekends, begining **Saturday, October 13th, 2001**

For further information and to register for classes please visit our **web site** at **www.hypnosis-school.net** or contact:
Robert Ranger, M.A., C.Ht. at (517) 374-6156 or
Cheryl Beshada, C.Ht. at (810) 939-7676

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*A Michigan LLP (Limited License Psychologist) permits practice under the supervision of a Michigan licensed psychologist

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Master of Business
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Calendar Highlights for September - December 2001

1) **Deepak Chopra at the Church of Today**
September 11 — (See Integrative Medicine)
2) **Tibetan Shamanism Workshop with Dr. Larry Peters**
September 15 –16 — (See Shamanism)
3) **Zen Buddhist Temple 20th Anniversary Celebration**
September 23 — (See Buddhist Teachings and Meditation)
4) **Sweet Medicine Sun Dance Tradition Workshop**
September 28-30 — (See Native American)
5) **Reclaiming Your Body as Sacred**
September 28-30 — (See Bodywork)
6) **Author and Mystic Andrew Harvey**
October 5-6 — (See Spiritual Development)
7) **Teen Author Julie Tallard Johnson at Crazy Wisdom**
October 6 — (See Kids and Young Adults)
8) **Author David Spangler**
October 17 — (See Spiritual Development)
9) **"It's All True" at the Performance Network**
October 19 – November 18 — (See Theatre)
10) **Celtic Shamanism Workshop with Tom Cowan**
October 27-28 — (See Celtic)
11) **Autumn Wheel of Sanctuary at the Weber Center**
November 2 - 4 — (See Spiritual Journeying)
12) **Dimensions in Light Festival**
November 11 — (See Conferences, Fairs & Festivals)
13) **Ammachi Comes to Ann Arbor**
November 27 – 29 — (See Spiritual Development)
14) **Jean Houston in Conversation with Rimpoche Gehlek of Jewel Heart**
November 29 — (See Buddhist Teachings and Meditation)
15) **Jean Houston Workshop at Weber Center**
November 30 – December 2 — (See Spiritual Journeying)

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The Crazy Wisdom Interview with Evie Gauthier and Leigh Daniels.....Page 31

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the January-April 2002 issue is **Wednesday, November 21st** and the **deadline for paid advertising is Wednesday, December 5th.** The issue will be distributed starting December 20th. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104.

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The Crazy Wisdom Calendar is published seasonally by Crazy Wisdom, Inc.
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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. The Crazy Wisdom Interview was conducted and edited by Jonathan Ellis. Transcribing of interview: Lynn Murdock. The photographs in this issue were taken by Linda Lawson or Neil Heidrich, unless otherwise noted. Cover design: Molly Nuzzo.

Most of the quotes used in the calendar section were found in the book: *LittleMiracles* by Dan Zadra and Katie Lambert. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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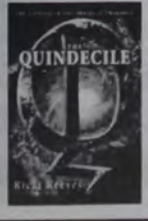
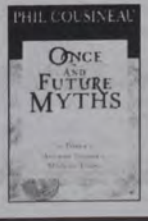
Special Events at Crazy Wisdom





Book Signing and Talk with Phil Cousineau.
Author Phil Cousineau will be signing & discussing his new book, *Once and Future Myths: The Power of Ancient Stories in Modern Times.*
Saturday, September 22nd; 5:00 p.m.

Book Signing and Talk with Ricki Reeves.
Author Ricki Reeves will be signing and discussing her book, *The Quindecile: Astrology & Psychology of Obsession.*
Saturday, September 22nd; 6:00 p.m., in the Crazy Wisdom Tea Room.

Book Signing and Talk with co-author Nadine Epstein.
Nadine will be discussing *Rain Forest Home Remedies: The Maya Way to Heal Your Body and Replenish Your Soul*, co-authored with Rosita Arvigo.
Saturday, September 29th; 1:30 p.m.

Book Signing, Talk & Drum Jam with Julie Tallard Johnson.
Julie will be signing and discussing her new book, *The Thundering Years: Rituals and Sacred Wisdom for Teens.* There will also be a Drum Jam, so bring your drum and join in! Saturday, October 6th; 2:00 p.m.

A Discussion of the Kabbalah with Rabbi Yehuda Grundman from the Kabbalah Centre in Chicago.
Rabbi Yehuda Grundman will be discussing the Kabbalah and answering questions. There will be tapes and books from the Centre available for purchase.
Sunday, October 28th; 2:00 p.m.

Book Signing with author/artist Colette van Praag.
Colette will be signing and discussing her newest creation *Gateways of the Divine. Gateways of the Divine* is a visionary & poetic journey into the realms of light and shadow that infuse our experience on Earth. It is a signed and numbered Limited Edition of 1000 copies. A ceremonial artwork in book form, it includes 44 divination cards, each inserted inside a vellum pouch within the book, and is illuminated by an anthology of poetry, mystical writings, and passages from literature. It is a stunning casebound book, with a double spine, fold-out flap and snap closure. $260.
It would make a wonderful holiday gift! Saturday, December 1st; 1 p.m.

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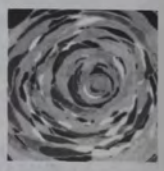

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See Calendar Listing for more information

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The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Experience the Dynamic Life through Shiatsu and Exercise with Cynthia Conklin • Nov. 8, 7-9 p.m. • In this class, you will learn six basic stretch exercises associated with traditional Shiatsu therapy. These stretches are simple, effective and suitable for all ages. You will also experience how they can be integrated with traditional Shiatsu Therapy. Both Shiatsu and Meridian Stretch Exercises can relieve stress and restore physical balance. Oriental medicine views physical disharmony as obstruction in Ki flow. Meridian Stretch Exercises improve the circulation of this life energy. $15. Call 998-0004; conklin@flamingjewel.org.

Shiatsu for Couples with Edward Jackson through Ann Arbor YMCA • Oct. 20, 3-5:30 p.m. • Intro to Japanese massage, meridians, pressure points, Ki flow, and practical uses. $35 per couple. Email karaprow9@hotmail.com.

Self-Acupressure with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Oct. 12, 6-8 p.m. • There are some easy steps that you can use to help relieve stress-related tension. Self-Acupressure will enable you to take an active role in your effort to reduce your stress factors. Using your fingers to gently press the potent Acupressure points, your palms and mind to project soothing intent to the body, you can help relive many of the tensions due to everyday stress. From head to toe, inside and out, students will gain a deeper confidence, connection and understanding in their own ability to actively respond to the messages of their tensions. $50. Call 741-0695; www.peacefuldragonschool.com.

Shiatsu with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Oct. 26, 27 and 28; 8:30-5:00 each day • This introductory course of the Japanese healing art is a system for healing and health maintenance. With its beginning in 200 B.C., it is widely practiced today. In class, the student will learn basic oriental philosophy, location of meridians and some basic acupressure that can be integrated into other massage work. $350. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Reflexology with Prema Lindsay Smith at the Ann Arbor Institute of Massage Therapy • Nov. 17 and 18, 8:30-5 • Reflexology is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. The history of Reflexology, dating from 3000 BC to current international research and its clinical significance will be explored. The basis for treatment evolves from the harmful effects of stress on the body's systems. $135. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Classical Five Element Acupuncture with Diane McCormick • Sept. 4, Oct. 11 or Nov. 7; 7-8:30 p.m. • A discussion of an ancient, daoist form of acupuncture. Included will be information regarding the scientific basis as well as the spiritual aspects of this type of healing. Free. Email dmcc@buckeye-express.com.

Animals

Tellington Touch Presentation on Methods of Animal Healing with Manuela Hejna at Crazy Wisdom Meeting Room • Sept. 16, Nov. 11; 2-4 p.m. • If you have behavior and/or health problems with your animal/pet, this presentation will show how to help yourself and your pet. It presents a detailed description of methods used in TTouch healing, and how the methods work. $10. Call 734-417-0411; rhejna@aol.com.

Introduction to Animal Communication with Marliesa Back • Oct. 6, 10-5 • This class covers the basics of interspecies telepathic communication. Learn techniques to send clearer messages to your animals, and begin receiving messages back by working with a pendulum and with muscle testing. $80 with early registration discount available. Call 428-1451.

Animal Communication with Marliesa Back • Oct. 27 and Nov. 3, 10-5 • On day one, we use guided meditation to learn simple, safe techniques and principles for telepathic communication with animals and humans, along with some basic "psychic hygiene". One day two, we practice communicating with animals that are present, absent or transitioned and share experiences with the group. Some exposure to animal communication or other intuitive work is recommended. $150 with early registration discount available. Call 428-1451.

Energy Healing with Animals with Ray O. Golden of Intuitive Health • Oct. 14 and 15, 7-9:30 p.m. or Dec. 2, 9-6 and Dec. 3, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class, which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724; intuitivehealth@aol.com.

Photo by Neil Heidrich

What do I love about my work? I love that I don't have to have the answers - my job is to help people realize their own. I love that each client and session is an adventure - no two are alike and we are bound to no plan. I love the freedom to move beyond the limitations of ordinary reality to the realm of infinite possibility - eventually the two become one. I love that I am constantly presented with opportunities to be awed - by the strength of the human spirit and the mysteries of life...

--- Psychic and Intuitive Counselor Diane Evans

Art & Craft

Piece Work - Soul Work with Barbara Harvey and Ann Hughes through Weber Center • Oct. 5 at 7:30 p.m. through Oct. 7 at 1 p.m. • Our lives, like a quilt, are made up of many pieces of differing shapes, intensity and sizes. These pieces form a tapestry of our life and represent the love, laughter and tears that have made us who we are. This weekend affords the opportunity to look at the pieces that make up our lives as we create a meaningful Crazy Quilt piece that pulls together the many colors and shapes of our lives. $125. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.

The Artist's Way

The Artist's Way with Jill Blixt • Twelve Tuesdays starting Sept. 25, 6:30-9:45 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image-making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life, no matter what form it takes. $30 per week includes suppers and all art supplies. Call 665-4577.

The Artist's Way with Andrew Taylor • Tuesdays and/or Fridays, 7-9 p.m. • This is a time-tested, user-friendly, proven to work process. It is designed for both artists and non-artists. The Artist's Way works with the encouraging and supportive principle, "We are all created, creative beings." In a safe support circle, the course guides students along their chosen life path. It helps them break through their creative blocks, systematically achieve their goals and create the lives of their most impassioned dreams. $10 per week. Call 669-4262.

Astral Travel

Astral Travel with Penny Weaver • Wednesdays, Sept. 5-26; 8:30 -10 p.m. • Travel to another dimension to gain spiritual understanding and improve your life situation. Experience renewed and increased energy on a bioenergetic level. This process will help actualize your goals, health, wealth and love. Prerequisite: Meditation I class. For cost, call 248-374-1070; pennyweaverj@aol.com.

Astral Travel with The Serendipity Center with Todd Stockwell • Oct. 21, 5-8 p.m. • Learn how to expand your consciousness and safely travel to distant places and back with important information. We have been authorized to teach this class by the Triolite foundation. $75. Call Sandra Stockwell at 517-448-5886.

Astrology

Drop-In Astrology Readings with Frederic Sibley • First and Third Tuesday of each month, 7-10 p.m. in the Crazy Wisdom Tea Room • $1 per minute. No appointment necessary. Call 313-881-6744.

Book Signing for *The Quindecile* with Ricki Reeves sponsored by the Astrology Study Group of Washtenaw County • Sept. 29, 6 p.m. • Meet and chat with Ricki Reeves, author of *The Quindecile*, a book about the 165 degree aspect which is known as an astrological indicator of obsessive/compulsive tendencies. Join her and the ASGOWC for supper at the Crazy Wisdom Tea Room. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com or rickireeve@aol.com.

The Quindecile with Ricki Reeves sponsored by the Astrology Study Group of Washtenaw County • Sept. 29, 10-4 • Also entitled, *The Fatal in the Natal, The Obsession in Progression, the Bandit in Transit, and the Need to be in Synastry*, this intensive workshop introduces the quindecile. This 165 degree aspect is known as an astrological indicator of obsessive/compulsive tendencies. We will explore use of this aspect within the natal chart, progressions, transits and synastry. $30 with early regisration discount available. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com or rickireeve@aol.com.

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) • Sept. 9, Oct. 21, Nov. 18, Dec. 2; 3-5 • ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics and presenting special reports on matters of interest to astrologers. They are often joined by longtime area professionals, such as Richard Smoot and others. All levels welcome. Free. Call 434-4555; brosefine@aol.com.

Beginning Astrology with Bon Rose Fine sponsored by the Astrology Study Group of Washtenaw County • Ten Thursdays starting Sept. 27 and ending Dec. 13, 7:30-9:30 p.m. • This course is designed for first time students who want a strong foundation in understanding basic astrological concepts, ideas and principles.. Class focus is on comprehending and recognizing key words for all the planets, signs and houses. Class size limited. $100. Call 434-4555; brosefine@aol.com.

How to Handle Neptune and Pluto with Priscilla Costello sponsored by the Astrology Study Group of Washtenaw County • Oct. 6, 1-4 p.m. • After considering the symbolism and manifestations of these two fascinating and difficult energies, this workshop explores strategies, exercises, and reading materials which help turn their negative potential into positive. $25 with early registration discount available. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com.

Comprehensive Astrological Chart Interpretation with Richard J. Smoot through ASGOWC • Ten Mondays starting Oct. 8; 7:30-9:30 p.m. • A rare opportunity to thoroughly study key techniques used in a complete astrological reading, this class will prepare students to converse directions, transits, and solar returns; and methods for synthesizing these components will be covered. There will also be discussion of ethics, client/astrologer relationships and special circumstances. Participants should understand basic astrological concepts and recognize keywords for the planets, signs and houses. $125. Call 484-1897; smootfish@aol.com.

Astrology: Understanding and Using Planetary Energy with Linda Diane Feldt • Sept. 5, 12, 19, 26 and Oct. 3 and 10 • In this class, you will learn the meanings of the planets, understand the houses and quadrants, and be able to do a basic natal chart interpretation. No prior experience required. Handout and three personal natal charts provided. $60-$80. Call The Ann Arbor Center for Holistic Health and Traditional Wisdom at 662-4902; fax 662-5227; feldt@holisticwisdom.org or www.holisticwisdom.org.

Making Heads or Tails of the Stars: Decoding the Language of the Birth Chart with Frederic Sibley • Sept. 27, 7-9:30 at the Crazy Wisdom Meeting Room • It doesn't have to be that hard! A few simple principles shed a tremendous amount of light on what is going on in an individual horoscope. Details generally corroborate the larger picture which the birth chart initially presents. For cost, call 313-881-6744.

Harmonics of the Heart: The Astrological Aspects of Relationship with Frederic Sibley • Nov. 12, 7-9:30 at the Crazy Wisdom Meeting Room • What makes relationships begin, end, last? The answer to these questions are pretty well elucidated by the inter-chart aspects between any two horoscopes. And what the latter don't address, planetary transits will. For cost, call 313-881-6744.

Relationships and You Through Astrology with Jan Mansfield through Ageless Wisdom • Oct. 2, 9 and 16; 7-9 p.m. • You will be taken to a deeper and expanded look with astrological insights into the way we relate to ourselves, partners, friends, neighbors and acquaintances. Class One includes some basics of astrology with a soulful look at the way we love. Class Two includes deepening our connections, knowing who we are and attracting what we desire. Class Three includes hands on experience with your astrological chart or that of someone you wish to know about. These are not predictions, but rather cycles and timing of things currently taking place. $75 for the series or $25 per class with early registration discount available. Call Rose M. Beres at 734-207-5310.

Benefits, Silent Auctions, Open Houses, Galas...

Open House with Arts in Motion Dance Studio • Sept. 9, 1-5 p.m. • Come see Ann Arbor's new contemporary dance studio, opened in January 2001. 15 minute class demonstrations all afternoon in modern, ballet, jazz, hip-hop, ballroom, lindy-hop, swing, creative movement, relaxation, pilates, Feldenkrais, karate and Shorinji Kempo. Call for detailed schedule. Free. Call Amanda Stanger-Read at 222-6246; amanda@artsinmotion.net or www.artsinmotion.net.

EMPATHEATRE Gala! • Sept. 21, 6 p.m. • EMPATHEATRE celebrates our 8th year at Kerrytown Concert House. We will celebrate with a wine and dessert fest and a performance afterwards. $35 general admission or $50 for first two rows. Call Lisa Hansetter at 913-9733.

"Taste!": A Specialty Food and Beverage Experience to Benefit Performance Network in association with RAVE Associates and the Ann Arbor Brewing Company Volunteer Corps • Oct. 5, 7-10 p.m. • "Taste!" is a strolling buffet evening featuring samples of imported and gourmet retail items from high quality fine food purveyors, hot and cold appetizers from Ann Arbor's finest restaurants and specialty wine and beer from RAVE Associates. A silent auction and door prize drawing will also be held. $25 basic ticket or $40 strolling gourmet ticket, includes drawing and coupon booklet. Call Carla Milarch at 663-0696; pnetwork@bizserve.com.

Bodywork & Bodymind Therapies

Reclaiming Your Body as Sacred with Barbara Billey and Patricia St. Louis through Weber Center • Sept. 28 at 7:30 p.m. through Sept. 30 at 1 p.m. • What would life be like if you loved your body like a friend? Gain insights that will allow you to positively change thinking and behaviors about your body - size, shape, disability, chronic pain or loss. A gentle process will summon the transformative power of creative movement, qigong, art meditation, guided imagery and journal writing to evoke healing and self-acceptance. $140. Call 517-266-4000; fax 517-266-4004; www.op.org/adrian/weber.

Feldenkrais: Awareness Through Movement with Katherine Rogers • Mondays, 6:30-7:30 p.m.; Segment 1: Sept. 10, 17, 24, Oct. 1, 8, 15; Segment 2: Nov. 5, 12, 26, Dec. 3, 10, 17 • This is a movement re-education method that teaches people how to re-gain freedom of movement and flexibility. The method promotes recovery from and prevention from injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. This class is appropriate for all ages and physical conditions. $10 per class. Call 971-5285; rogers@wccnet.com.

Move with Greater Freedom and Ease: A Feldenkrais Method Four Hour Intensive Workshop with Katherine Rogers • Nov. 18, 9 a.m.-1 p.m. • This is a movement re-education method that teaches people how to re-gain freedom of movement and flexibility. The method promotes recovery from and prevention from injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. This class is appropriate for all ages and physical conditions. Doing an intensive workshop creates a saturation that can bring about profound changes in movement. $35. Call 971-5285; rogers@wccnet.com.

Discover Trager with Eileen Dickinson • Sept. 12, Oct. 25 or Nov. 13; 7-8:30 p.m. • Come discover what it feels like to move effortlessly, freely and without tension. Eileen will talk about the Trager approach, demonstrate how she works with people on the table, and lead participants through simple movements exploring lightness and ease. You will leave with a new feeling! Free. Call 717-4145; edickins@umich.edu.

Free Your Movement, Enhance Your Life with Alice Greminger • Five hour Sunday workshops, 9-Noon, 2-4 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $70. Call 665-0849.

The Crazy Wisdom Calendar

Bodywork and Bodymind Therapies (continued)

Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays at 7 p.m. or Saturdays at 2 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. Free introductory class, then $10 per class. Call 665-0849.

Feldenkrais Workshop with Nancy Denenberg through Dance Gallery Studio • Sept. 30, 1:30-3:30 p.m. • Lying and standing, you will use gentle movements to help you better sense and refine the way in which your body moves. Bring a towel and wear comfortable clothes. $20. Call 747-8885; dancegallerystudio@ameritech.net.

Feldenkrais: The Busy Person's Guide to Easier Movement with Nancy Denenberg • Weekday late afternoons • Feldenkrais uses slow, gentle movements often done lying down to improve body awareness, posture and ease of motion. Topics include easier sitting, standing, walking, reaching and typing; comfortable and flexible spine, trunk, neck and shoulders. Book available to guide home practice. For cost, call M-Fit Employee Wellness at 975-4410; nancyd@corsa-inst.com.

Feldenkrais: Unlocking Your Trunk with Nancy Denenberg • Sept. 16, 1-2:30 • Conventional stretching exercises often overlook the trunk. The Feldenkrais Method excels at increasing chest and spine flexibility using comfortable, interesting movement. Of special benefit to those with back, shoulder or neck difficulties. $16 with discount for members. Call YMCA at 663-0536 or Nancy at 761-1514; nancyd@corsa-inst.com.

Feldenkrais: Cross-Training for Dancers, Martial Artists and Others with Nancy Denenberg • Oct. 13 and/or Nov. 4, 1-3 • You'll get to lie down, relax and be verbally guided through carefully structured movement explorations. You will learn to let go of some of the unconscious movement habits and postures which prevent you from moving as easily as you would like. You may attend the first, second or both workshops. $20. Call 761-1514; nancyd@corsa-inst.com.

Introduction to Feldenkrais Awareness Through Movement with Nancy Denenberg • Oct. 21, 1-3 • Exercise re-shapes the "stuff" of your body; Feldenkrais updates your body's operating system and internal map. Lying down, you'll be verbally guided through carefully structured movement explorations which reduce effort and increase ease. Improving your ability to sense yourself in motion will increase your everyday comfort and assist in new learning. $20. Call 761-1514; nancyd@corsa-inst.com.

Feldenkrais Workshop: Standing Tall with Nancy Denenberg • Nov. 11, 1-2:30 • Daily life tends to pull our spines forward and down. We'll use safe, gentle movement to promote back arching and better posture. Of special benefit to those who sit and stand a lot. $16 with member discount available. Call YMCA at 663-0536 or Nancy at 761-1514; nancyd@corsa-inst.com.

Myofascial Techniques for the Low Back and Pelvis with Leland Austin • Nov. 11, 10-4 • In this class designed for massage practitioners and bodyworkers, I will utilize experiential anatomy to focus on the myofascial structures of the pelvis and lumbar spine before presenting techniques for working with low back and hip pain since the two regions are intimately related. We will do body readings with class members to see pelvic and spinal patterns as well as do guided hands-on work on class participants. Another option would be to invite models to come to class for body readings and bodywork. $150. Call 741-0038.

Pilates Demonstration with Khita Austin • Sept. 12 and Nov. 7, 6:30-8 p.m. • The Pilates Method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect deep change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique on the floor as well as the apparatuses. Free. Ongoing mat classes are $15 each, held daily. Ongoing Reformer classes are $25 each. Call 913-9046.

Rolfing: A Gentle Approach with Leland Austin • Sept. 10, 6-8 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of restriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038.

Buddhist Teachings & Buddhist Meditation

Book Signings for Rimpoche Gehlek's new book • Tuesday, October 23 at Borders, 7 p.m., and Thursday, November 15 at Shaman Drum, 8 p.m. • Talks (and book signings) by Jewel Heart's founder on his newly published book, *Good Life, Good Death - Tibetan Wisdom on Reincarnation*. For more info, call 994-3385.

Jean Houston in Conversation with Rimpoche Gehlek, Sponsored by Jewel Heart • Thursday, November 29, 7:30 p.m., place TBA • One in a series of public "conversations' between Ann Arbor-based Tibetan Buddhist lama, Rimpoche Gehlek, and well-known

thinkers and visionaries. Contact Jewel Heart for more info, 994-3385.

Female Buddhas and Sky Dancing Women: The World of Female Tantric Adepts with Flaming Jewel Dharma Center • Sept. 6, 7:30 p.m. at Crazy Wisdom Meeting Room • The Tantric Path has been molded by some of the most amazing women of spiritual history. Come and hear the stories of these great women. Come hear their poems and discover the vision through which they attained Enlightenment. Free. Call 665-2456; www.flamingjewel.org; information@flamingjewel.org.

As It Is: The Essential Teachings of Dzogchen with Traktung Rinpoche of Flaming Jewel Dharma Center • Oct. 4, 7:30 p.m. at Crazy Wisdom Meeting Room • So close you miss. So simple no one believes it. So natural that no one notices. What is it? Your Buddha Nature. Tonight teachings from the pinnacle of all Buddhist paths are offered. Free. Call 665-2456; www.flamingjewel.org; information@flamingjewel.org.

Magic Dance: The Tantric World of Wonder and Mystery with Traktung Rinpoche of Flaming Jewel Dharma Center • Nov. 19, 7:30 p.m. at Crazy Wisdom Meeting Room • The world is a mysterious place filled with endless interdependent beings. Come discover the Tantric wisdom on mountain gods, Naga lords of the waters, forest sprites and fairies, warrior spirits, and goblins. Free. Call 665-2456; www.flamingjewel.org; information@flamingjewel.org.

> The next message you need is always right where you are.
>
> - Ram Dass

Introduction to the Path of Tantra with Traktung Rinpoche and A'dzom Rinpoche with senior students of the Flaming Jewel Dharma Center • Nov. 8 or Dec. 6, 7:30 p.m. • The Tantric path is a radical and joyous path of spiritual discovery and joy. This evening presentation introduces the fundamentals of this ancient tradition as well as the work of Traktung Rinpoche and A'dzom Rinpoche, two ordained American teachers of the Nyingma lineage, the oldest lineage of Tibetan Buddhism. Free. Call 665-2456; www.flamingjewel.org; information@flamingjewel.org.

Lion's Gaze: Teachings with Traktung Rinpoche and A'dzom Rinpoche of Flaming Jewel Dharma Center • First Sunday of each month, 10:30 a.m. • The Buddha once explained that the difference between a dog and a lion is that if you throw a stick to a dog, it watches the stick, but if you throw a stick to a lion, it watches the thrower. The path of Tantric Buddhism teaches us to keep our eye on the core issue and discover the nature of reality. Free. Call 665-2456; www.flamingjewel.org; information@flamingjewel.org.

Sunday Services at Zen Buddhist Temple • Meditation Service 9:30-11 a.m. and Dharma Service 5-6:30 p.m. • Morning meditation consists of two periods of meditation followed by a talk. Dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. Donations accepted. Call 761-6520.

Identifying Buddhist Images with Professor Doug Sjoquist of Lansing Community College through Zen Buddhist Temple • Sept. 16, 11:30 a.m.-2 p.m. • Vegetarian lunch included. For more information, call 761-6520.

Zen Buddhist Temple 20th Anniversary Celebration! • Sept. 23, 10 a.m. • Special programs include talk by founder Ven. Samu Sunim and panel discussion by early dharma pioneers. Please inquire for more information at 761-6520.

Yongmaeng Chongjin: Intensive Practice Retreat through Zen Buddhist Temple • Sept. 27-20 and Dec. 26-31 • An intensive retreat which includes sitting and walking meditation, personal interviews, work practice, and dharma talks. Led by Haju Sunim, Zen Master and Resident Priest. For more information, call 761-6520 or a2buddha@aol.com.

Seminar on the Life of the Buddha with senior student Kowon Sam Clark of Zen Buddhist Temple • Oct. 7, 14, 21; 11:30 a.m.-2 p.m. • Lecture, discussion and question and answer. Includes light vegetarian lunch. For cost, call 761-6520.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Nov. 30-Dec. 1, Friday 7 p.m. to Saturday 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening courses, or who prefer the overnight retreat in order to learn meditation are also welcome. $160 includes instruction, accommodation and vegetarian meals. Call 761-6520.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Sept. 13 and Nov. 1; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 for students. Call 761-6520.

Meditation Retreat at Zen Buddhist Temple • Oct. 19-20 and Nov. 9-10, Friday 7 p.m. to Saturday 5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60. Call 761-6520.

Guide to Bodhisattva's Way of Life with Rimpoche Gehlekof Jewel Heart • Tuesdays, 7:30 p.m. • These teachings are based upon the text, Guide to the Bodhisattva's Way of Life by the 8th century author Shantideva. A bodhisattva is one who has committed her/his entire life to becoming enlightened in order to help all beings become free from suffering. All welcome. Donations accepted. Call 994-3385.

Meditation with Staff of Jewel Heart • Sundays, 10-11 a.m. • Concentrated meditation, taught in the Tibetan Buddhist tradition, brings awareness while stabilizing the mind. A tamed and trained mind provides the ability to unshakably hold focus on any subject or object as well as serves as the basis for deeply integrating any realization gained through analysis. Open to beginners through advanced. Donations accepted. Call 994-3385.

White Tara Practice with Staff of Jewel Heart • Sundays, 11:15-12:15 • White Tara practice is a meditation with visualization techniques focused on the healing and long life qualities of White Tara, the embodiment of enlightened compassionate activity. Instruction and guided meditation of this practice is offered each first Sunday of the month. All welcome. Donations accepted. Call 994-3385.

Odyssey to Freedom Audio Broadcast from New York with Rimpoche Gehlek of Jewel Heart • Thursdays at 7:30 p.m. • The Lam Rim concentrated into an essential outline form, Odyssey to Freedom serves as a meditational point of reference, guiding us as we individually integrate the teachings of the Buddha into the everyday context of our contemporary lives. Donations accepted. Call 994-3385.

Lam Rim at Jewel Heart • Sundays, monthly • The Lam Rim is the essence of all the Buddha's teachings laid out in a step by step fashion. Through analysis and meditation of its points, one develops realistic tools to apply to the everyday challenges of life, ultimately directed to the attainment of Buddhahood for the benefit of all. All are welcome. Donations accepted. Call 994-3385.

Celtic Wisdom

Celtic Shamanism: The Soul with Tom Cowan • Oct. 27 and 28, 9-5 each day • In this workshop, you will receive training in shapeshifting, soul hiding, divination, extraction, soul retrievals to break negative enchantments and other healing techniques to mend the wounded soul based on Celtic practices and insights. More information can be found at www.riverdrum.com. Prerequisite is the ability to journey into non-ordinary reality and work with power animals (journeying is a specific technique; if you're not sure you've learned it, please contact Spirit Weavers prior to registration). This is one in a series of workshops. $195 with early registration discount available. Call Spirit Weavers at 517-543-6754; spiritweavers@voyager.net.

Ceremonies, Celebrations & Rituals

Sunday Candlelight Healing and Meditation Ceremony through Lighthouse Center • Weekly, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, healing, mantra meditation, affirmations and visualization. Reiki healing during meditation for all who wish it. No cost. Call Prachi at 734-449-4381.

World-Healing Meditation with Craig Harvey • Wednesdays, 3-4 p.m. at Crazy Wisdom Meeting Room • This is a silent unguided meditation /prayer/energy work circle for the healing of spiritual, emotional, physical, cultural and political distress around the world, allowing the emergence of a world of abundance, joy, creativity, harmony and love. Brief instruction offered for newcomers. Free. Call 971-8576; harvey@ic.net.

Beginner's Fire Ceremony with Mateyo Empie • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 7:30-10 p.m. • Join in spiritual community while helping yourself and the planetary consciousness, in just three hours. The pure traditions of the Andes Mountains of South America, hidden from the world for more than 10,000 years, are now accessible. Whatever your previous metaphysical experience, when guided by a master ritualist, you can immediately experience a profound level of healing in your life by opening to the love of Pachamama (Mother Earth) and the deep self we share with her children, all life on Earth. To do this, we turn over an important issue in our lives to Pachamama, "letting go and letting God," by placing a suitably tuned object into a ceremonially prepared fire. In return, we receive energy that specifically manifests the best that Pachamama can cocreate with us. $27 plus a donation of nonperishable food for a local food drive. Call 663-5505; snakewillo@aol.com.

Fall Equinox with Visitation Staff • Sept. 19, 7:30 p.m. • Conscious of this seasonal movement from light to darkness, we celebrate the Equinal moment of balance. We rejoice in summer's fullness and anticipate the blessings of fall. For cost, call 734-242-5520; visitation@teleweb.net.

Fall Equinox Ritual with Leigh Daniels • Sept. 21, 7 p.m. at Crazy Wisdom Meeting Room • Come celebrate Fall Equinox. Free. Call 665-2757.

The Haywarikuy, or Gift of Gratitude with Mateyo Empie • Sept. 21 and every third Wednesday, 7:30-10 p.m. • The creation of a haywarikuy allows us to express our appreciation, cleanse our energy bodies and surrender to the Great Mystery's divine guidance. Those present express their thanks for everything good in their lives by breathing into kintus, triplets of sacred leaves. With great reverence, a mandala of the kintus and other objects, which embody symbolic value and energetic intent, are arranged and wrapped in paper to form a packet. It is then used to cleanse the luminous bodies (auras) of all present and finally burned to release the prayers and energies to the Apus (sacred mountains) and Pachamama (Mother Earth). Once the naywarikuy is put into the fire, no one may look at it, as it is a gift on which we make no further claim. Ayni, or sacred reciprocity, is restored by completing the circuit of receiving and giving, encouraging even more abundance to flow to us. $27 plus a donation of nonperishable food for a local food drive. Call 663-5505; snakewillo@aol.com.

Introduction to World-Healing Meditation with Craig Harvey • Sept. 28, 7-8:30 p.m. • The first hour will include a discussion of the concept of a perpetual world-healing circle and introduction to carious meditation and energy techniques that can be used. This will be followed by a silent 30-minute healing meditation for the world and its inhabitants. Free. Call 971-8576; harvey@ic.net.

Samhain Celebration at Crazy Wisdom with Carol and Heather Karr • Oct. 30, 7 p.m. • Samhain celebration honoring the ancestors. Free. To pre-register, call Carol at 665-2757 or 717-0559; carolkarr@mediaone.net.

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The Crazy Wisdom Calendar

Ceremonies, Celebrations & Rituals (continued)

Dancing with the Grandmothers: A Halloween Ritual Teaching and Celebration with Bronwen Wildflower Gates • Oct. 31, 7:30-10 p.m. • Join the grandmothers and your ancestral self for an evening of release and rebirth. Dance alive grandmother earth in your bones and in your blood. Women only; wear black, dress up or down. $25 at the door with early registration discount available. Daughters with their mothers free. Call 734-424-2744; bronwild@aol.com.

Reclaiming the Grandmothers with Bronwen Wildflower Gates • Nov. 1, 6-9:30 p.m. • On this All Souls' Day, step between the worlds for a sacred playtime to access and welcome your guidance for your winter's journey to the Underworld to sit at the feet of the ancient ones. Claim a sacred playtime for sacred workings and magic making and mystery. $45 with early registration discount available. Call 734-424-2744; bronwild@aol.com.

Creating Tradition and Ritual for Everyday Lives with Karlta Zarley • Nov. 13, 7:30-9 p.m. at Crazy Wisdom Meeting Room • Learn the basics of creating your own beautiful, meaningful ceremonies to enrich your everyday lives and really set apart special occasions. Bring the sacred to the mundane! $15. Call 433-9333.

Sabbath Evening of Gratitude with Visitation Staff • Nov. 16; 6 p.m. soup supper, 7 p.m. prayer • As the cycle of harvest and gathering comes to a close, we are filled with gratitude for the abundance that is ours. This evening of reflection and thanksgiving will begin with a soup supper. Bring a dessert to share. $10-$20. Call 734-242-5520; visitation@teleweb.net.

Thanksgiving Eve Meditation through Lighthouse Center • Nov. 21, 7-8:30 • A special meditation to give thanks through group consciousness. Potluck to follow. Free. Call Prachi at 734-449-4381.

Winter Solstice with Visitation Staff • Dec. 19; 6 p.m. soup supper, 7 p.m. prayer service • Come celebrate the shortest day in this hemisphere and the official coming of winter. With all of the earth, we pray on this night that we might recognize the gift of Light to our world. Free. Call 734-242-5520; visitation@teleweb.net.

Celebrate the Winter Solstice at Crazy Wisdom Meeting Room with Carol and Heather Karr • Dec. 20, 7 p.m. • Celebrate Winter Solstice with a festive Yuletide night at Crazy Wisdom. Free. To pre-register, call Carol at 665-2757 or 734-717-0559; carolkarr@mediaone.net.

Winter Solstice Fire Circle with Esther Kennedy and Kathleen Schanz through Weber Center • Dec. 21, 7:30-9 p.m. • Together we await our turning toward the sun and nourish our deepest longing for community. In this season of peace and joy, may the mystery of Love continue to be awakened in our hearts and within the whole world. Bring a candle and bell for this Winter Solstice Celebration. Donations appreciated. Call 517-266-4000; fax 517-266-4004; www.op.org/adrian/weber.

Christmas Eve Meditation through Lighthouse Center • Dec. 24, 6-7:30 • A celebration meditation of Christ's birth. Free. Call Prachi at 734-449-4381.

Year End Service: Kindling Light of Wisdom Mind Candlelighting Service at Zen Buddhist Temple • Dec. 31, 7 p.m. • An occasion to step back from one's worldly involvements and take stock of one's life. All welcome. Call 761-6520.

New Year's Eve Meditation at Lighthouse Center • Dec. 31, 11 p.m.-12:30 a.m. • Release the old year and bring in the new year in the highest vibration with chanting, mantra meditation and visualization with affirmations. Veggie potluck to follow. Free Call Prachi at 734-449-4381.

The Chakras

Gem Therapy/Color Therapy with Linda L. Brake through Ageless Wisdom • Sept. 22, 10-11:30 a.m. • Learn how this ancient healing is used today in India, which is different than practiced in America. An in-depth explanation of the chakras and their colors, as taught in India, will be given, as well as their impact upon the endocrine system, causing dis-ease. Additionally, there will be a demonstration on how negative thoughts influence the chakras. Following the class will be individual one-hour appointments dowsing with a radiothesiology machine checking each chakra for excess or deficiency. Seven different planes will be dowsed to find the seat of dis-ease or disruption. You will receive your own homeopathic gem tincture, custom formulated to your body's energy and color. You will be given two affirmations and a mantra particular to you. $10 class and $40 individual one-hour appointments (available Sept. 22 and 23; call to schedule one). Call Rose M. Beres at 734-207-5310.

Chakras, Kundalini Awakening and After with Ema Stefanova • Sept. 29, 3-6 p.m. • This workshop will cover kundalini physiology, methods of awakening, preparing for awakening, diet, risks, evolution through the chakras, and kundalini yoga practice. Beginners as well as experienced practitioners welcome. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Channeling

Crystal Clear Expressions Channeling Evening: Messages for the Millennium with Nanci Rose Gerler • Sept. 10, Oct. 1, Nov. 5, Dec. 3; 7-9 p.m. • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of change. Receive inspiration and healing energies from angels and masters, designed to resonate deeply with each in attendance. $12. Call 996-8799.

John Friedlander Channeling a Version of Seth through Essence Point • Sept. 20, 7:30 p.m. • John Friedlander will channel a being called Mataji. Mataji is both a feminine version of Seth, (the entity that Jane Roberts channeled), and a combination of the energy from the lineage that Yogananda Paramahansa's teachers came from. Many find that just being in the energy during a Mataji channeling touches their soul which may bring about a very healing feeling. This two hour program has four parts: a healing energy channeling, a discourse on a subject of current relevance such a male/female relations or global trends, questions from the audience on the topic, and personal questions if time allows. $15. Call Anita at 741-0478; mckays@concentric.net.

> Do not wait for life. Do not long for it. Be aware, always and at every moment, that the miracle is in the here and now.
>
> -Marcel Proust

Open House Channeling Sessions with Aaron through Deep Spring Center • Most Wednesday evenings starting Oct. 3 • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the U.S. and abroad by Barbara Brodsky. At each weekly session, Aaron will give a talk and there will be a time for questions and answers and also a social period. Donations accepted. Call 971-3455.

An Evening with Jacob: A Channeled Energy with Judy Crookes • Sept. 11, Oct. 16, Nov. 6; 7-9:30 p.m. at Crazy Wisdom Meeting Room • An evening usually consists of a brief talk by Jacob on a topic relevant to the whole group. Jacob usually says something pertinent to each person and then asks for questions. They will end the evenings with a meditation. Free. Call 913-4927; jacrookes@aol.com.

Basic Channeling with Shala Kilmer • Eight weeks beginning Oct. 15, 6:30-9:30 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease and increase your proficiency. Limited to 10 students. $335 plus $4 book. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

A Meeting with the Masters with Shala Kilmer • Nov. 17, 10-4 • Shala will channel master teachers who can answer your questions. Areas include relationships, money, health, career and life purpose. Limited to 12 people. Noon meal and snacks provided. $120. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Spirit Talks: Channeled Messages from Our Guides in Spirit with Jewel Shelden • Sept. 14, Oct. 12, Nov. 30; 7:15-9:30 p.m. • Channeling by Jewel Shelden and Micky Arvoy. You may ask questions of the guides as well as relatives that have passed over. Similar to an old-fashioned spirit message circle. $20 per session. Call 998-0604; jesheldon@hotmail.com.

Childbirth

Prenatal Exercise with Victoria Cendrowski through Ann Arbor Public Schools Community Education and Recreation • Oct. 9-Nov. 13, Tuesdays, 6-7:30 p.m. • This safe and effective class prepares the pregnant woman for her 'birthing day.' Exercises will strengthen, stretch and increase endurance of those muscles most affected during pregnancy and childbirth. Class also includes relaxation, visualization and a discussion of a relevant topic. Take anytime after your first trimester. $42 for six weeks. Call 971-0456; victoria@cendrowski.com.

Birthing in Awareness with Sierra Hillebrand • Inspired by *Birthing from Within* by Pam England and Rob Horowitz, this 6-week series offers an in-depth, holistic approach to childbirth preparation. Topics include pain coping practices, strategies for birth partners, communicating with caregivers, preparing for the unexpected and much more. $185. For dates, call 995-8759; schmidwife@hotmail.com.

Inward Bound Yoga Program: Postnatal Yoga with Marlene McGrath • Fridays starting Sept. 7, 10:45 a.m.-12:15 p.m. • The class focuses on postures to realign, balance, tone and restore the body after pregnancy. Infants are welcome in the class. $64 for 8-week session. Call 930-1970; marmamalia@yahoo.com.

Holistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Wednesdays, Sept. 12-Oct. 24, 7-9:15 p.m. or Tuesdays, Dec. 4-18 and Jan. 8-29, 7-9:15 p.m. • Share in a midwife's experience with normal birth. Seven-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • Nov. 1-4; Thursday, 6-10 p.m. and Friday-Sunday, 9-5 • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable, and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. Benefit from association with an established local Doula Referral Network. No previous medical training required. $350 with early registration discount available. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Postpartum Doula Care and Breastfeeding Counseling with Patty Brennan of The Holistic Midwifery Institute • Oct. 27, 9-5 • Class focuses on holistic support measures for breastfeeding mothers and their babies. Emphasis will be placed on the use of herbs, homeopathic remedies, flower essences, and more to speed the normal course of postpartum healing and to troubleshoot special concerns. Benefit from association with an established local Doula Referral Network. No previous medical training required. $100 with early registration discount available. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Chinese Medicine

Chinese Energetic Medicine with Darren Schmidt • Sept. 11, 7-8:30 • Dr. George Crile, Sr., founder of the Cleveland Clinic said, "Diseases are to be diagnosed and prevented via field assessment." This statement reflects what the Chinese have been doing for more than 3,000 years. A demonstration will be given and some concepts will be explained. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Chiropractic

Dr. Andrea Galley - A Chiropractic Approach to Health and Healing, sponsored by the People's Food Co-op • Tuesday, October 23, 7 p.m. at the Crazy Wisdom Meeting Room • For more info, call Jessica at the Co-op, 994-4589.

Network Chiropractic Lecture Series with Robert Koliner • 8 p.m. • These talks provide an introduction to the practice and philosophy of Bio-Geometric Integration, and an explanation of how this integration of gentle chiropractic techniques can assist you to release physical, chemical and emotional stress and achieve optimal health. Free. Call 761-5908; naetdoc@aol.com.

Sept. 10: Are we destined to live out our genetic pathologies?
Sept. 24: Juvenile diseases like diabetes, and the vertebral subluxation - is there a link?
Oct. 8: The body-mind and heart connection. What causes disruption and how you can restore function.
Oct. 22: Bio-geometric Integration - the health care of the 21st century.
Nov. 12: Dealing with health challenges as a growth experience.
Dec. 10: Chiropractic and its influence on health.

Chronic Pain, Chronic Illness

Counseling Group for Women with Chronic Illness and Pain with Erica Dutton • Weekly • This weekly group is open to women with any kind of chronic illness or pain. Chronic illness and pain can be an isolating and life-changing event. It can also be a time to re-evaluate your life and create a new one. The group focuses on coping effectively with the present realities and picking up the pieces, moving forward and creating a new satisfying life for the future. Come and share experiences, learn from other women. $350 for 10 weeks with sliding scale available. Call 677-3056; eldutton@wccnet.org.

Creating a New Life for Yourself While Living with Chronic Illness and Pain with Erica Dutton • Sept. 12, 19, 26; 6-7:30 p.m. • For many of us who have chronic illness or pain, our "old" way of living doesn't work anymore. Now we have to create a new life that makes room for the reality of our health but doesn't allow it to take over our life. This three-week series of classes are designed to provide skills in managing chronic illness and pain. Topics such as moving from denial to acceptance, coping strategies, family issues, work and employment issues and managing feelings will be addressed. $99 with early registration discount available. All learning materials provided. Call 677-3056; eldutton@wccnet.org.

Conferences, Fairs & Festivals

Dimensions in Light Festival through Lighthouse Center • Sunday, November 11; 11a.m. - 7p.m. • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear coning, aura photography, health products and free lectures. Volunteer and get in free. $5 admission. Call Nirmala at 663-2218.

Creativity

***Gateways of the Divine: Visions of Healing and Awakening* - A Book Signing and Author Event at Crazy Wisdom with Colette van Praag • Dec. 1, 1-4:30 •** Colette van Praag will be signing copies of her newly published *Gateways of the Divine*, a ceremonial artwork in book form, from 1 to 2 p.m. She will then offer personal readings using the book and its divination cards in a group setting. No charge but an offering basket will be available. Call Evie Gauthier at 483-0232.

Collage Workshop with Dawn Gaden and Joan Hagen through Gentle Strength Counseling and Holistic Center • Sept. 5, 12, 19; 7-9 p.m. • An art therapy workshop. Each person will be creating a biography of self through pictures. $60 includes supplies. Please bring your own scissors. Call Dawn at 810-225-0463.

An Introspective Journey through Art Therapy with Todd Stockwell of The Serendipity Center • Oct. 14, 10-6 • A freestyle workshop which works with each individual and their specific gifts. Helps to release emotional baggage so that you can put obstacles aside while you create. Also develops healthy team work. $150. Call Sandra Stockwell at 517-448-5886.

The Colors of Courage: Creating from the Deepest Intention of Your Heart with Helen and Laz Slomovits and Jeanne Mackey • Oct. 24, 7-9:30 p.m. at the Crazy Wisdom Meeting Room • This highly participatory workshop will explore ways to increase creative courage. We will begin with each person identifying a specific area of creativity where they'd like to move ahead. Then, through music, movement, color collage and writing, we will engage with ways of bringing clarity and courage into this area. $20. Call Helen or Laz at 665-0409; gemini22@mich.com.

Dreams & Dreaming

The Spiritual and Healing Power of Dreams: Work with Groups and Individuals with Rebecca Mullen • Mondays, 7-9:30 • Members share their dreams, each dream evokes aspects of everyone's unconscious and conscious images, builds interpretation and self-understanding. Meets sometimes every Monday and sometimes every other Monday. $5 per session. Call 662-5925.

Dream Interpretation with Rev. Sandra Baum • Sept. 30, 6-8 p.m. • Are you the dreamer or the dream? Explore the sleeping dream and the waking dream. $40. Call Sandra at 810-227-3660 or Debbie at 810-227-0026.

Druidry

Coffee Hour at Borders Arborland with The Druids of Shining Lakes Grove • Sept. 27, Oct. 25, Nov. 29; 7-9 p.m. • Join us for coffee and discussion. Free. Call Rob Henderson at 697-2514; robh@cyberspace.org or www.msen.com/~robh/slg.

Guild Barbecue with The Druids of Shining Lakes Grove at Gallup Park • Sept. 15, Noon-6 p.m. • The various Guilds of Shining Lakes Grove get together to share food, fun and knowledge. If you're curious about what our Guilds are and what they do, this is your chance to find out! Sponsored by the Healers' Guild, Magicians' Guild, Naturalists' Guild, Producers' Guild, Seers' Guild and Warriors' Guild. Free. Call Rob Henderson at 697-2514; robh@cyberspace.org or www.msen.com/~robh/slg.

Fall Equinox Ritual at Botsford Recreational Preserve with The Druids of Shining Lakes Grove • Sept. 22, 2-5 p.m. • Join us as we welcome the autumn and honor the Stag God and the Nature Spirits. (Rain date: Sept. 23.) Free. Call Rob Henderson at 697-2514; robh@cyberspace.org or www.msen.com/~robh/slg.

Drumming

Drummunity Circles-Community Drum Circles led by Lori Fithian • Wednesday, September 19; Thursday, October 18; Thursday, November 15; Wednesday, December 19; at 7 p.m. at Crazy Wisdom • Community drum circles for everyone. No experience or drum needed. Send an email to be added to the list to find out when the next circle is. For more information, call 426-7818; lfith@yahoo.com

Womyn's Drum Circle/Class with Lori Fithian • Ongoing Mondays, 7:30-9:00 p.m. • Learn to play hand drums and percussion and get in touch with your rhythmic spirit! $10 each. Call 426-7818; lfith@yahoo.com.

Men's Pow-wow Style Drumming and Singing with Rob Hejna • Third Sunday of each month starting Oct. 3, 5:30 p.m. • Open format for Native and non-Native to learn and experience the one-hearted energy of Intertribal singing. Some prior experience with music helpful, but not necessary. Free. Call 734-417-0411.

Drumming Circle - Bonfire Drumming! with Carol Jacobs • Sept. 21, Oct. 19; 8 p.m. • An evening of spiritual fellowship and free-style drumming based on Native American traditions. Extra instruments are available. No drum or drumming experience needed. Free. Call 734-327-0502.

Drum Class for the Motherland with Ryan Edwards • Thursday evenings • Join us for a fun and ego-free exploration of West African rhythms and songs. Drumming technique and musicality will be studied on djembe and dununs (bass drums). $10 per class. Call 827-2764; www.likewaterdrumworks.com.

Drumming Circle with Julie Slowik ihm through Visitation • Oct. 19, 7-9 p.m. • Learning to drum the ancient patterns of the I Ching is a unique way of focusing meditation which requires total concentration. It is simple and easy to learn. It is powerful and fun. Bring your own drum. $10-$20. Call 734-242-5520; visitation@teleweb.net.

Drum Making with Roberto Mejia • Nov. 10, 9 a.m.-2 p.m. • Students will learn how to make a 16" single headed drum. Upon completion, students will go through a ceremony to bond with the spirit of their drum. $130. Call Shawn Grose at 734-528-9785; shawn_grose@msn.com.

Energy Healing & Esoteric Anatomy

Spiritual Anatomy: Introductory Sessions with Elizabeth Alberda and Linda Sayer • Sept. 15, 10-Noon • An invitation to explore, through a meditative process, what one body part may need to create Spiritual anatomy for each participant. We begin the opening of a dialogue designed to integrate mind, body, emotion and spirit to form a vibrant, energized whole. $15. Call Kathy Wiles at Complete Chiropractic and Massage Therapy at 677-1900.

Spiritual Anatomy: Nine Session Workshop Series with Elizabeth Alberda and Linda Sayer • Sept. 29, Oct. 27, Nov. 17, Dec. 8; 10-5 • Spiritual Anatomy is a study to learn the relationship and integration of our anatomy energized by a spiritual force to create balance with our earth body, with the earth and with others. During these workshops, we explore through meditation, movement, music and art, the body as a Holy Grail. We seek to discover what growth work is necessary to achieve compassion and healing on a cellular level. $100 each session. Dates for January through May will be announced at class. Call Kathy Wiles at Complete Chiropractic and Massage Therapy at 677-1900.

The Crazy Wisdom Calendar

Energy Healing & Esoteric Anatomy (continued)

Yoga Anatomy and Vinyasa Yoga with Tias Little • Sept. 14-16 • This intensive yoga anatomy training looks at the body from both Western and Eastern perspectives, and includes explorations of anatomical and chakra systems relative to yoga postures. The Vinyasa classes explore the depths of yoga - the prolonging of meditative awareness through a fluid sequence of yoga postures. The weekend class series is beneficial for yoga students and yoga teachers. For cost, call Midwest Yoga Conference Continuing Education at the Center for Yoga at 248-386-9642; www.centerforyoga.net.

The Faerie Realm

Fairy Tales or Tales of Faerie? with Bronwen Wildflower Gates • Each class meets 10 a.m.-5 p.m. • Claim a play date once a month to retell these beloved stories and find the Faerie wisdom at their core; claim and renew your friendship with the Faerie Realm and the Realm of Nature, and the Magical Child within. Claim your magic. $90 with early registration discount available. Call 734-424-2744; bronwild@aol.com.
Sept. 23: The Sleeping Beauty - Food for the Soul
Oct. 10: Cinderella - Shapeshifting, Gift of Faerie
Nov. 16 and 17: Avalon with Jill Blixt

Fathering

Boot Camp for New Dads • Sept. 29, 9-Noon; Oct. 11, 6-9 p.m.; Oct. 20, 9-Noon; Nov. 10, 9-Noon; Dec. 8, 9-Noon • This class is designed for first time fathers of all ages! You'll learn lots of practical information on parenthood, baby care, becoming a family and supporting the new mom. You'll even get hands on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. Taught by MEN! $20. Call 800-231-2211, 734-712-5400.

Feng Shui

Feng Shui and Chinese 5 Element Theory with Wendy Warrick • Sept. 5, 7-9 p.m. at Crazy Wisdom Meeting Room • This is an in-depth advanced class exploring the 5 elements of wood, fire, earth, metal and water to align and harmonize the chi in your environment. This helps create a smoother flow to your life's journey. The control and nourishing cycles will be discussed as well as neutralizing imbalanced elements. $30. Call 913-9619.

Feng Shui Fundamentals Series with Wendy Warrick • Sept. 26, Oct. 10, Oct. 24; 7-9 p.m. • What is Feng Shui? What can it do for you and your environment? Learn how this ancient Chinese system can create a home or office environment that supports bringing prosperity, health and happiness into your life through the placement of furniture, walls and more. Students will complete a Feng Shui analysis and action plan of at least one room in their home. $35. Call 913-9619.

Commercial Aspects of Feng Shui with Wendy Warrick • Nov. 14, 7-9 p.m. at Crazy Wisdom Meeting Room • Broaden your Feng Shui base of knowledge with this look at using Feng Shui to help businesses succeed in the material as well as spiritual planes. Feng Shui principles will be applied to locating or improving existing sites, and interior considerations for all types of businesses. $30. Call 913-9619.

Feng Shui and Children with Wendy Warrick • Dec. 5, 7-9 p.m. at Crazy Wisdom Meeting Room • Children are special and so it follows that the Feng Shui applications for them are special, too. We'll discuss general Feng Shui guidelines for kids' rooms as well as special cures for situations ranging from ADD to messy rooms and more. $30. Call 913-9619.

Feng Shui Basics with Lynn Meadows • Sept. 22, 10-Noon or Sept. 24, 7-9 p.m. • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (yin, yang, chi and tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30 with early registration discount available. Call 734-433-9102; lynnmeadows@peoplepc.com.

Feng Shui Beyond Basics with Lynn Meadows • Sept. 22, 1-5 p.m. or Oct. 1 and Oct. 8, 7-9 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60 with early registration discount available. Call 734-433-9102; lynnmeadows@peoplepc.com.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • Oct. 3, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30 with early registration discount available. Call 734-433-9102; lynnmeadows@peoplepc.com.

Gay & Lesbian

Gay Men's Therapy Group with Robert Dargel • Two Tuesdays per month, 7:30-9 p.m. • Group therapy for gay men focusing on various issues. $45 with most insurance accepted. Call 975-1880.

Married Gay Men's Therapy Group with Robert Dargel • Two Tuesdays per month, 7:30-9 p.m. • Group therapy for gay and bi-sexual men who are married to women. Focus is on the unique challenges of handling this situation. $45 with most insurance accepted. Call 975-1880.

Still More How To Meet a Girl: A Workshop for Unattached Lesbian and Bisexual Women with Rena Seltzer • Sept. 8, 6:30-8:30 p.m. • Third in a series of five. Workshop topics include the art of conversation, maintaining a positive sense of self while dating, and how do you know if it's a date? The workshop offers a space to meet other women and discuss dating issues in a relaxed and lighthearted atmosphere. $5-$15 sliding scale. Call 741-8434; rseltzer@aol.com.

Grief & Grieving

Loss as a Part of Life with Marty Keck through Visitation • Sept. 11, 7-9 p.m. • Loss and grief which are an inescapable part of our human condition often leave us feeling isolated and alone. Sharing with others who are walking the same path can support and strengthen us. This evening will offer input, time for quiet reflection and the opportunity for sharing. $10-$20. Call 734-242-5520; visitation@teleweb.net.

Healing

Magical Healing Circles with Bronwen Wildflower Gates • Sept. 10, 6-9:30 p.m. • A time of magic, a time of healing, a time apart. Gather in a small group to tell your story that is the key to your healing, and receive the gift of a uniquely formulated Magic Potion made from the Faerie Flowers, just for you. $50 includes light supper and Magic Potion. Call 734-424-2744; bronwild@aol.com.

PEACEFUL DRAGON SCHOOL

Classes begin September 10
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Global Healers' Circle with Bronwen Wildflower Gates • Sept. 14, Oct. 12, Nov. 9, Dec. 14; 6-9:30 p.m. • Meet monthly with other healers of vocation or avocation for a time of personal and planetary healing. We will weave a magical web of healing energy for ourselves and our world, drawing on our personal, national and global focuses of the moment, and cast it forth for the healing of all. It will be a time for claiming power, and for releasing powerlessness. $45 includes supper and materials. Call 734-424-2744; bronwild@aol.com.

Spiritual Healing and Meditation with Glenn Pailthorp • Sundays, Sept. 2-Dec. 30, Noon in the Crazy Wisdom Meeting Room • Glenn Pailthorp offers a silent healing meditation for those present, as well as for those people requesting distant healing. Following the group meditation, Glenn leads individual spiritual healing using the training he received with spiritualists and shamans in California, Texas, and most recently with Jonathan Ellis, former leader of this event. Free. Call 330-8828; glenn@pailthorp.com.

Invocations: Calling Forth the Light that Heals with Jacob Glass at Church of Today • Dec. 2, 2-4 p.m. • Jacob Glass will speak about his book *Invocations*. Free. Call 810-758-3050.

Herbs, Plants & the Garden

Book Signing with Author Nadine Epstein, co-author of *Rain Forest Home Remedies: The Maya Way to Heal Your Body and Replenish Your Soul* • Sept. 29, 1:30 p.m. at Crazy Wisdom Bookstore • Nadine Epstein will be signing and discussing her new book co-authored with Rosita Arvigo. Free. Call Carol at 665-2757; carol@crazywisdom.net.

Distinguishing Between Nourishing and Nutritional Herbs with Linda Diane Feldt • Sept. 4, 7:30-9:30 p.m. • Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call Jessica at 994-4589; pfc@izzy.net.

Herbal Quacks, Fads and Quick Fixes: What We Need to Know for Our Own Protection with Linda Diane Feldt • Oct. 2, 7:30-9:30 p.m. at Crazy Wisdom Meeting Room • Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call Jessica at 994-4589; pfc@izzy.net.

Making Tinctures and Salves with Linda Diane Feldt • Nov. 6, 7:30-9:30 p.m. • Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call Jessica at 994-4589; pfc@izzy.net.

Ritual Use of Herbs, Traditional Use of Magical Herbs with Linda Diane Feldt • Dec. 4, 7:30-9:30 p.m. • Linda Diane Feldt facilitates this monthly Herbal Wisdom series for the People's Food Co-op. Free. To pre-register, call Jessica at 994-4589; pfc@izzy.net.

Herbal Allies with Linda Diane Feldt • Ten weeks starting Dec. 6 • Spend ten winter nights preparing for the abundance of spring. This class will cover how to use local herbs, an understanding of harvesting and preserving herbs, what parts to harvest when, an understanding of the action of plants, how herbal traditions differ in approaches, a coherent herbal philosophy, creating your own materia medica, and herbs for special concerns. $100-$120. For times, call The Ann Arbor Center for Holistic Health and Traditional Wisdom at 662-4902, fax 662-5227; feldt@holisticwisdom.org. or www.holisticwisdom.org.

Nourishing Body and Spirit: Herbs to Soothe Your Soul with Leigh Ann Knope • Sept. 22, 12:30-3:30 p.m. • Designed for beginners as well as more experienced plant lovers, this three-hour experiential workshop will explore nourishing herbs for the nervous system. Participants will learn how to support the body-mind-spirit during periods of acute and chronic stress, anxiety, sleeplessness and depression - as well as using herbs preventively to enhance an overall sense of wellness and play! Come join me at Heavenly Scents Herbal Farm in Fenton for an afternoon of fun, growth and healing. $40. Call 668-2086; spiritc@core.com.

Michigan Medicinal Plants Fall Workshop with Jim McDonald • Sept. 16, 11 a.m.-6 p.m. • Herbalist Jim McDonald will lead this workshop focusing on the identification and medicinal virtues of common herbs found throughout the county. Held at Upland Hills Ecological Awareness Center, nestled in nature in Oakland County, this workshop includes a light lunch and detailed handouts on plants, herbal preparations, toxicity, ethical wildcrafting and resources for supplies for further study. This workshop is suited to both beginning and knowledgeable herb enthusiasts and will offer updated/new information not available in last year's workshop. $30. Call Jim at 248-737-3589 or Upland Hills at 248-693-1021; multiflorum@hotmail.com.

Basic Herbology and Wildcrafting with a Cherokee Master with Dr. Clifford Alford • Oct. 19-21; Friday 7-9 p.m., Saturday 9-7, Sunday 9-3 • This workshop will take you "out of the box" in your thinking about healing and health! It will give a basic, detailed understanding of medicinal herbs and their uses at Upland Hills Ecological Awareness Center. Diagnostic and non-diagnostic uses of herbs, the spirit of the plant, disease extractions, proper methods of wildcrafting and harvesting in your region, how to make ointments, salves, tinctures, vinegars, pills and capsules. This is the second course in a series of shamanic learning. If you have not taken the first course, an orientation is required to prepare you for the Shamanic view. $165. Call UHEAC at 248-693-1021; ecoartdb@aol.com.

Herbs to Stimulate Immunity and Restore Health at Heavenly Scent Herb Farm with Jim McDonald • Oct. 20, Noon-4:30 • Herbalist Jim McDonald will discuss the uses of herbs as preventative and restorative medicines. Special attention will be given to preventative herbal tonics and how to determine which herbs work best for specific conditions. Participants will receive detailed handouts on herbs and immunity, herbal preparations, toxicity, ethical wildcrafting, resources for supply and further study, as well as create their own immune tincture. $40. Call 248-737-3589; multiflorum@hotmail.com.

Herbs to Stimulate Immunity and Restore Health at Upland Hills with Jim McDonald • Nov. 11, Noon-5 • See above description. $30. Call 248-737-3589; multiflorum@aol.com.

Michigan Mushroom Hunters Club • "Hunt Proud Lake" Sept. 16, "Fungusfest Weekend" Sept. 28-30, "Hunt in Hell" Oct. 7 • Come join us for a fun walk in the woods! You'll learn how to identify some delicious gourmet mushrooms native to our area. Free. For Proud Lake, contact Margie Guyot at 248-476-3251 or mushroomwoman@peoplepc.com. For Fungusfest and Hunt in Hell, contact Peter Holmes at 483-0290 or pholmes@online.emich.edu. Or visit our website: www.sph.umich.edu/~kwcee/mmhc/.

Holistic Health

Protein, Carbohydrates, Atkins, Safety with Darren Schmidt • Sept. 25, 7-8:30 p.m. • Don't be fooled by corporate science, the media, the food pyramid or what your neighbor thinks about food and diet. Find out the truth about macronutrients verified by non-political, non-corporate research. Does the name "Atkins" scare you? It may if you've heard the rumors. Find out the truth in this presentation. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Back and Neck Pain with Darren Schmidt • Oct. 23, 7-8:30 p.m. • From a holistic view, what is the cause of your back and/or neck pain? Chiropractic will be explained and simple nutritional advice given. You may have tried complicated treatments in the past, but have you tried the simple things you can do yourself? Free. Call 302-7575; drschmidt@wholisticdoc.com.

Environmental and Food Allergies with Darren Schmidt • Nov. 13, 7-8:30 p.m. • Allergy medications are designed to stop the symptom, which is the last event in a series of events that occurs in the body. What is the first event that starts them all? Knowing the answer to this question is the first step in ridding yourself of allergies permanently! Free. Call 302-7575; drschmidt@wholisticdoc.com.

Depression/Anxiety/Irritability/Mood Swings with Darren Schmidt • Nov. 27, 7-8:30 p.m. • Medications like Prozac and Zoloft have helped many people. However, there may be more intelligent ways to approach these problems. For some, their mood can be controlled on a daily basis with diet. For others, the nutritional answer is more complicated. If you have any of these symptoms, don't miss this lecture. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Digestive Problems/Digestive Distress with Darren Schmidt • Dec. 11, 7-8:30 p.m. • Burping, excessive gas, heartburn, cramping got you down? Do you have constipation, diarrhea or any stool changes that remind you that you are no longer as healthy as you used to be? Digestive problems lead to disease later in life. Get into effective, natural, preventive medicine with this lecture. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Are You or Your Child on Ritalin? with Dr. Hobbs • Sept. 13, 7:15 • Learn about the controversial and dangerous drug given to ADD/ADHD sufferers. Facts about ADD/ADHD will be discussed with alternative choices to drug therapy. Free. Call 734-416-2442; drbhobbs@aol.com.

The Thyroid: Its Function and Regulation with Dr. Hobbs • Oct. 8, 7 p.m. • The functions of the body are regulated by two major control systems: the nervous system and the hormonal or endocrine system. Come and join a lecture on new research on the thyroid and the diseases of the thyroid. Sponsored by the Thyroid Support Group of Plymouth, MI. Free. Call 734-416-2442; drbhobbs@aol.com.

Shiatsu Therapy

Nurturing • Deep • Gentle • Healing • Effective • Centering

Shiatsu is a Japanese healing art based on ancient Chinese medicine that brings harmony to the life energy within one's body. It relies on a system of meridians, or channels, which flow throughout the body and distribute our qi, or "life force."

Through a Shiatsu session giver and receiver communicate with the five elements (wood, fire, earth, metal and water) that comprise all of nature. Treatments reduce tension and improve overall physical vitality and health.

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The Crazy Wisdom Calendar

Holistic Health (continued)

The Cause of Fibromyalgia has been Found! with Dr. Hobbs • Nov. 8, 7:30 at Crazy Wisdom Meeting Room • New research on the cause of fibromyalgia will be given. Current holistic treatment with proven results will be discussed. Other topics include fibromyalgia symptoms, risk factors, treatment and prevention. Free. Call 734-416-2442; drbhobbs@aol.com.

Attention Headache/Migraine Sufferers with Dr. Hobbs • Dec. 10, 7 p.m. • New research on the cause of headaches/migraines will be discussed. An informative lecture by a past migraine sufferer. Free. Call 734-416-2442; drbhobbs@aol.com.

Homeopathy

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan • Oct. 13, 9-4 • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fever, ear infection, growing pains, sports injury and emotional imbalance. $85. Call 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

Vaccine Choices, Homeopathic Alternatives and Parental Rights with Patty Brennan • Nov. 19, 7-9 p.m. • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often unrecognized) right to informed refusal of vaccines. Topics include vaccine choices; the use of homeopathy to prevent and treat vaccine reactions, adverse reactions, and the diseases themselves; enhancing the immune system naturally; and claiming your legal rights. $10 per person or $15 per couple. Sourcepack available for $22. Call 663-1523; patty@holisticmidwifery.org. or www.holisticmidwifery.org.

Hypnosis

Hypnosis for the Health of It with Lucinda Orwoll and Eileen Bond • Sept. 16, Oct. 21, Dec. 2 • Learn what hypnosis is, why and how it works. Learn about inductions, trance states, and the benefits of hypnosis for healing mind/body/spirit. Assess your ability to be hypnotized and experience a "mini-trance". $20. Call Eileen at 668-1040; efebond@yahoo.com.

Hypnotherapy Training with Robert Ranger • Classes start Oct. 13, 9 a.m. • Comprehensive training in hypnosis and hypnotherapy for students to learn to help clients and fellow students release and resolve limiting beliefs and destructive patterns. $695 for each of the three courses. Call 517-374-6156.

Infant Massage

Infant Massage with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Integrative Medicine

An Evening with Deepak Chopra at Church of Today • Sept. 11, 7-10 p.m. • Deepak Chopra will speak on his new book, *Grow Younger, Live Longer: 10 Steps to Reverse Aging*. $40. Call 810-758-3050; www.churchoftoday.com.

The History of Medicine from a Different Point of View with Darren Schmidt • Oct. 9, 7-8:30 p.m. • The history of medicine by a chiropractor/naturopath. Find out what information has been left out of the standard medical history. Learn about Bechamp, Pasteur's nemesis, and why U of M's Homeopathic Medical School disappeared. Learn the history of medicine's relationship to the petroleum industry. Free. Call 302-7575; drschmidt@wholisticdoc.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Every Saturday, 2-5 p.m. and second and fourth Thursdays of the month, 8-10 p.m. • $1 per minute. No appointment necessary. Call 327-9568; Evnsd7@aol.com.

Intuitive Awareness I: Awareness and Intuitive Self Healing (Also Preparation for Animal Communication) with Ray O. Golden through Center for Intuitive Health • Sept. 8 and 9 or Dec. 15 and 16, 10-5 p.m. • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-Of-The-Heart (Higher Self) and to do readings from that level. $139 with discounts available. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden through Center for Intuitive Health • Oct. 27 and 28, 10-5 p.m. • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $149 with discounts available. Call 663-9724; intuitivehealth@aol.com.

Photo by Neil Heidrich

Sandy Finkel teaches meditation and stress management. She is also a co-founder of Jewel Heart Buddhist Center.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden through Center for Intuitive Health • Nov. 17 and 18, 10-5 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. $169 with discounts available. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden through Center for Intuitive Health • Dates to be announced • Learn to safely become a conscious channel, using a technical system as your foundation. Call 663-9724; intuitivehealth@aol.com.

Basic Intuitive/Psychic Development with Shala Kilmer • 8 Thursdays starting Sept. 20, 6:30-9:30 • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. $335 plus $10 book. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Foundations in Psychic Development: Boundaries and Identities I with John Friedlander • Sept. 22 or Oct. 6, 9:30-5 p.m. • Each of us has a bubble of spiritual energy surrounding us called the aura. Learning how to be aware of and how to transform our aura transforms our love and life experiences. While the exploration and healing of the aura is an incredible adventure that can fill a lifetime, the basic system can be learned in a day. In the seminar, every exercise furthers the development of at least one of the two basic abilities: finding one's own psychic energy and clearing blocks to further progress. Students learn theoretical constructs and actual skills. They learn how to ground and run energy, clear blocks, several ways to recognize and clear psychic enmeshment, and how to find, clear and repair the chakras. $75. Call Anita at 741-0478; mckays@concentric.net.

Essence Point Psychic Reading Practice with Anita McKay • Sept. 13, Oct. 11, Nov. 8, Dec. 13 • Essence Point offers a supportive environment for practicing psychic/intuitive skills. Newcomers are welcome but required to have read Basic Psychic Development by John Friedlander and Gloria Hemsher. Attention to grounding and distinguishing psychic energies is stressed. Sessions involve practicing intuitive reading from your higher self or from your psychic screens. Free. Call Anita at 741-0478; mckays@concentric.net.

Judaism

Book Signing and Talk with Rabbi Yehuda Grundman of the Kabbalah Centre in Chicago at Crazy Wisdom Bookstore • Oct. 28, 2 p.m. • A talk about Kabbalah. Free. Call Carol at 665-2757; carol@crazywisdom.net.

Rosh Hashanah: Jewish New Year Second Day Services with Rabbi Elliot Ginsburg • Sept. 19, 9:30-1 p.m. • Contemplative services including chanting, niggunim (Hassidic melodies), liturgy, meditation and Torah. For cost, call Linda Jo Doctor at 973-1113.

"Let There Be Light..." Erev HaShanah Service with Rabbi Esther M. Rand • Sept. 17, 7:30 p.m. • Join us for an engaging, participatory service of Jewish Spiritual practices to celebrate the Creation of the World - the beginning of Divine Light in Sacred Space. We enter the doorway of this Sacred Time to heighten the Enlightenment of this Dimension using the Light within our own being. We will call souls of all dimensions, times and places to come into love and harmony together with the blowing of the Shofar (ram's horn), the wake-up call to the soul. All welcome. Free with donations accepted. Call 734-327-5953; b4thelight@earthlink.net.

The Covenant of Our Sacred Intentions Kol Nidre Service with Rabbi Esther M. Rand • Sept. 26, 7:30 p.m. • Services follow the spiritual traditions and practices of Jewish mysticism and the Kabbalah. This Yom Kippur we will bring Shalom, wholeness, to our world by opening our hearts and using the powerful energy of love. We will transmute the lower vibrational, negative energies within ourselves and within the world to the higher, positive energy of love, healing and peace. Come join us for karma balancing, working with the light, love and acceptance. All welcome. Free with donations accepted. Call 734-327-5953; b4thelight@earthlink.net.

Balancing Our World Karma with Light Yom Kippur Service with Rabbi Esther M. Rand • Sept. 27, 10:30 a.m. • See above description. Yizkor Love Meditations at 4 p.m. and Closing of the Gates Ceremony at 5:30 p.m. All welcome. Free with donations accepted. Call 734-327-5953; b4thelight@earthlink.net.

Jewish Camp Out Sukkot Celebrations (Feast of Tabernacles) with Rabbi Esther M. Rand • Oct. 6, 6 p.m. • Join us in the Sukkah for covered dish supper and Jewish Channeling as we invite the special Sukkot guests (forefathers and mothers from our ancestral past) to share our Sukkah. This festival is a time of thanksgiving for our harvest. We will meditate on what is the harvest of your life. Sukkot is also a time for connecting deeply and spiritually with the earth and the energy of this dimension in preparation for winter, the time of dormancy and the season of least light. All welcome. Free with donations accepted. Call 734-327-5953; b4thelight@earthlink.net.

Torah - The Light Bearer: Simchat Torah Celebration with Rabbi Esther M. Rand • Oct. 9, 7 p.m. • Fun and surprises await us all at this celebration of our sacred text, the Torah. What are some of the spiritual/mystical practices of this Simcha, joyous day? Come experience them. All welcome. Free with donations accepted. Call 734-327-5953; b4thelight@earthlink.net.

Visioning of Derekh Or (Path of Light) with Rabbi Esther M. Rand • Oct. 14, 10 a.m. • Bagel brunch and creation of our new spiritual community, Derekh Or. Have you had difficulty connecting Judaism with your current spiritual pathway? We envision a community of lightworkers dedicated to spiritual growth through Jewish mystical traditions and celebrations both ancient and new. If you would like to feel and experience the Kabbalistic and spiritual practices of Judaism, and to carry the golden thread of transcendency and light work within Judaism into this new millennium, join us. Open to all who want to live, learn, love, laugh, celebrate and eat in Jewish spiritual community together. For more information, call 734-327-5953; b4thelight@earthlink.net.

Your Light is Your Gift: Hanukkah Celebration and Latke Party with Rabbi Esther M. Rand • Dec. 9, 6 p.m. • This holiday is ablaze with ideas and metaphors of freedom and lights, miraculous oil and gifts. How do they all fit together? We will use the silver thread of the mystical practices of Judaism to weave together these universal truths. We will unwrap the gift of light within each of us, and provide a rich, personal and transcending experience of this festival of light at this darkest time of year. We will be eating latkes and other treats afterwards. For more information, call 734-327-5953; b4thelight@earthlink.net.

Kids & Young Adults

Book Signing with Julie Tallard Johnson, Author of *The Thundering Years: Rituals and Sacred Wisdom for Teens* at Crazy Wisdom Bookstore • Oct. 6, 2 p.m. • Julie will be signing and discussing her new book. There will also be a drumming jam to follow! Free. Call Carol at 665-2757; carol@crazywisdom.net.

Children's Sunday School at Lighthouse Center • First and Third Sundays, 10:30-12:30 • Classes in spiritual development for children, ages 4-teens, whose parents are mantra meditators. Principles of metaphysics, yoga, mantra meditation, Christianity and world religions are taught at different age levels. Call Nirmala at 663-2218.

Classical Indian Dance: Beginning Bharata Natyam for Children at Sadhana Studio with Madhavi Marcia Mai • Sept. 15-Dec. 15, 10-11 a.m. • Training in South Indian temple dance, combining stylized movements with mimed storytelling. We will do some beginning classical movements and folk dances, with a focus on spacial awareness and fun. $143. Call 665-4930.

Holistic Singing Class for Teenagers with Jesse Richards • 6 weeks starting Sept. 12 • Teenagers can have fun learning vocal technique, harmonies, songwriting, performing skills and making new friends. Jesse's classes are ultra supportive environments for teens to develop confidence and explore the arts. $90. For times, call 995-2972; jessing@home.msen.com.

Yoga for Moms and Dads with Little Ones with Ema Stefanova • Thursdays, 11 a.m. • This class includes postures, breathing techniques and relaxation focusing on the parents. Fun atmosphere for the kids. For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

The Labyrinth

Walking the Labyrinth through Visitation • Sept. 7, Oct. 5, Nov. 2, Dec. 7; 9-5 p.m. • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls," Lauren Artress, Walking the Sacred Path. The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone is welcome to walk this sacred path anytime throughout the day. Call 734-242-5520; visitation@teleweb.net.

Love & Relationships

Love Lessons: Creating the Love You Want with Carole Kirby • Mondays, Sept. 17, 24, Oct. 8, 15, 22, 29; 7:30-9:30 p.m. at Crazy Wisdom Meeting Room • The Love Lessons curriculum is designed to answer the age-old question: How do you create the love you want? Each lesson in the series is based upon a true story from the lives of individuals dealing with the realities of love. Following are journal questions that give you an opportunity to do some creative thinking about your own thoughts and beliefs related to a particular aspect of love. All kinds of couples and singles welcome. $120. Call 810-776-6622; carole@therapy2couples.com.

Transforming Your Marriage with Todd and Sandra Stockwell through Serendipity Center • Sept. 15 and 16 or Nov. 10 and 11; 10-6 p.m. • Learn how to interact and communicate with each other on a heart level. Learn how to work constructively on problems as a team and much more! Authorized to teach this class by the Triolite Foundation. $250 per couple. Call 517-448-5886.

Empowering Intimate Relationships with Karen Gottschalk and Kevin Meisel through Schoolcraft College • Four Thursdays starting Sept. 20, 6-8 p.m. • What makes an intimate relationship empowering? Learn about codependent and co-empowered relationships and the concept of pursuing and distancing. Identify strategies that can lead to a more empowered relationship including communication, conflict and trust. Individuals and couples welcome. $63. Call Schoolcraft at 734-462-4448 or 734-332-9184.

No Less Than Greatness: Finding Perfect Love in Imperfect Relationships with Mary Manin Morrissey at Church of Today • Oct. 3, 1 and 7:30 p.m. • *No Less Than Greatness* outlines the seven spiritual principles that lie at the core of our ability to find and live in love. By using these practices, they will grow into a better marriage, partnership, better communication with children, parents and friends. Free. Call 810-758-3050.

Men and Women: Understanding Each Other with Gil Ureno • Nov. 7, 7-8:30 p.m. • It's true! Men and women often look at things very differently. This can make for some communication challenges that are sometimes amusing and sometimes frustrating. Join us to explore these gender differences and learn ways to improve communication between the sexes. Couples are especially welcome. $10. Call 712-5400 or 800-231-2211.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 per minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Christine Komarck • Sundays, 1-4 • Come in to Crazy Wisdom on a Sunday and enjoy a massage! $1 per minute. No appointment needed. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Robert Hughes • Fridays, 4-6 • Come in to Crazy Wisdom at the end of your week and get a massage! $1 per minute. No appointment needed. Call 665-2757 or 827-1443.

Beginning Massage with Linda Diane Feldt • Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8 • We will cover a basic full body therapeutic massage, that can be accomplished in less than an hour. Video and textbook are included in the price. Perfect for couples, friends and singles. $90-$110 with a discount for couples. Call 662-4902; fax 662-5227; feldt@holisticwisdom.org or www.holisticwisdom.org.

700 clock Hour Massage Therapy Program: Professional Training at Ann Arbor Institute of Massage Therapy with Various Core Instructors • Classes start Sept. 6 • AAIMT is dedicated to assist each student in achieving excellence in the therapeutic skills, personal awareness and sensitivity needed for a successful and rewarding practice in massage therapy. The program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage and various components and related approaches of therapeutic massage. $25 application fee, $50 registration fee, $6,450 tuition. Call 677-4430; fax 677-4520; aaimt@earthlink.net.

Sports Massage I with Jocelyn Granger and Jane Anderson at the Ann Arbor Institute of Massage Therapy • Sept. 22 and 23, 8:30-5 each day • Sports Massage uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre-event, post-event and maintenance and principles of sports injury assessment and treatment. $250. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Seated Massage with Margaret Szedenits at Ann Arbor Institute of Massage Therapy • Oct. 13, 8:30-5 • Seated Massage concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. $150. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Pathology Workshop with Margaret Szedenits at Ann Arbor Institute of Massage Therapy • Oct. 20, 8:30-5 • Pathology is the study of the nature of diseases and the structural and functional changes produced by them. Therapeutic Massage Therapists are ethically responsible for recognizing clients deviations from normal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can practice. $150. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Introduction to Massage: A Four-Day Workshop with Scott Runyon at Ann Arbor Institute of Massage Therapy • Nov. 3 and 4, Dec. 1 and 2; 9-3:30 p.m. each day • This four-day workshop is a non-professional introduction to Swedish Massage and Reflexology. It focuses on basic massage theory, basic anatomy and physiology, sensitivity and awareness, body mechanics, and the development of an effective, well-rounded full body massage. Not designed to train professional massage therapists. We break for a half hour for lunch; bring a bag lunch! $220 for all four days. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

The Crazy Wisdom Calendar

Massage (continued)

Sports Massage II with Jocelyn Granger and Jane Anderson at the Ann Arbor Institute of Massage Therapy • Nov. 10 and 11, 8:30-5 each day • The goals of this segment of Sports Massage are to provide you with an overall perspective on and the techniques essential to sports massage, including the basic concepts of the techniques used in sports massage, skillful palpation, your role as a sports massage therapist, working with common sports massage injuries, maintenance of the athlete, corrective measures for the injured athlete, and understanding the injury and its repair process. $250. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Neuromuscular Therapy I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Dec. 14-16, 8:30-5 each day • This workshop consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. $350. Call 677-4430; fax 677-4520; aaimt.earthlink.net.

Meditation

Blue Mountain Center of Meditation Public Satsang • Friday, October 12 at 6 p.m. at Crazy Wisdom Meeting Room • Satsang and meditation with students of meditation master and author Eknath Easwaran. Please pre-register. For more info, call 433-0261.

Learn to Meditate Within Your Own Spiritual Tradition • Saturday, October 13, 9:30 a.m. to 7:30 p.m. • A one day workshop based on a practical eight-point meditation program developed by author and teacher Eknath Easwaran. The workshop will be led by two of Easwaran's longtime students. $80. For more info, call 433-0261.

Beginner's Guide to Visualization and Meditation with Karlta Zarley • Sept. 25, 7:30-9 p.m. at Crazy Wisdom Meeting Room • This class will explore how and why visualization and meditation physically work and discuss the differences between them. You will experience an example of each. Improve your ability to relax and manifest your goals! $15. Call 433-9333.

Introductory Meditation Lecture with Chetana of Lighthouse Center • Sept. 28, Oct. 26, Nov. 30; 7-10 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 first time or $15 repeat. Call Nirmala at 734-663-2218.

Essence Point Silent Group Meditation • Sundays, Noon-1 • Essence Point, a non-profit spiritual network, offers a 50-minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion if you prefer. People from any spiritual practice welcome. Donations accepted. Call 741-0478; essencepoint@hotmail.com.

Seeing Who You Really Are with Richard Lang • Oct. 20, 10-5 p.m. and Oct. 21, 10-2 p.m. • This workshop presents a contemporary path of self-inquiry or spiritual awakening. Using the awareness exercises developed by the English philosopher Douglas Harding, this path of seeing opens you directly to who you really are - your deepest and most wonderful identity - inner freedom, unity and peace. These awareness exercises emphasize our basic nature, similar to dzogchen and vipassana, though not confined to a sitting posture. Sponsored by the Center for Mindful Living. For cost, contact mindfulliving@mediaone.net.

Meditation I with Penny Weaver • Wednesdays, Sept. 5-Oct. 10 or Oct. 17-Nov. 21; 6:30-8 p.m. • Learn the positive benefits of meditation and how to achieve them in a step-like process. Other tools to enhance meditation and its benefits will be taught in this six-week course. For cost, call 248-374-1070; pennyweaverj@aol.com.

Advanced Meditation with Penny Weaver • Sept. 8, Oct. 13 or Nov. 10; 10-11:30 p.m. • Learn advanced meditation techniques. For cost, call 248-374-1070; pennyweaverj@aol.com.

Introduction to Insight (Vipassana) Meditation with Dottie Coyne and Susan Klimist of Deep Spring Center • Tuesdays starting late Sept. or early Oct. • The introductory classes will offer the basic instructions for insight meditation. This is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness which allows us to experience sensations, emotions, thought and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process moves from the sitting period to the whole of our lives. We begin to know each moment as practice for our growth toward wholeness and harmony. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present now. We will also work with other forms of meditation which nurture non-dual awareness and open the heart. All of these practices derive from Buddhist teachings but no special religious beliefs are necessary to their practice. We perform no religious rituals. The meditations practiced are suitable for those of any religion. $50 to Ann Arbor Recreation Dept. Call 971-3455 or Dottie Coyne at 930-0192.

Introduction to Insight (Vipassana) Meditation with John Gutoskey and Susan Weir of Deep Spring Center • Oct. 3, 10, 17, 24, Nov. 7, 14 • See above description. $50. For times, call 971-3455, Susan at 663-1675 or John at 761-6200.

Introduction and Continuing Insight Meditation with Frank Levey and Larissa Czuchnowsky of Deep Spring Center • Thursday evenings starting late Sept. or early Oct. • This class is intended for continuing students as well as individuals who have had no previous meditation experience. New students will be instructed separately for the first two weeks so they can become familiar with the basics prior to joining the continuing students. We will then combine everyone so we can learn from one another. See above description of insight meditation. $50. Call 971-3455, Frank or Larissa at 475-2933.

Insight Meditation with Barbara Brodsky of Deep Spring Center • Sept. 25, Oct. 2, 9, 23, Nov. 6, 20, Dec. 4, 18 and continues through mid-June; 7:15-9:45 • Along with the basics, each semester we focus on a specific aspect of practice. This year, our focus will be on the Chain of Independent Arising. This is basically the Buddha's teaching that "this arises because that has arisen. When that ceases, this will cease." We'll use Aaron's book *No Chain At All*. We will also read other material suggested from the interests of the class. Each class will begin with a sitting, followed by talk or instruction and discussion. $100 suggested donation plus $30 building fee. Call 971-3455; info@deepspring.org.

Insight Meditation with Barbara Brodsky, Dianne Austin, Kris Kurnit and Dave Lawson of Deep Spring Center • Oct. 4, 11, 25, Nov. 8, 29, Dec. 6, 20 and continues through mid-June; 7:15-9:30 • See above descriptions of insight meditation. Each class will begin with a sitting, followed by talk or instruction and discussion. $100 suggested donation plus $30 building fee. Call 971-3455; info@deepspring.org.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • Nov. 2 in the evening through Nov. 4 in the afternoon • The two foundations of the weekend are insight meditation and the deepening mindfulness in every moment. We'll be alternating sitting and walking meditation. Mindfulness throughout the 24 hour period will be a focus. Although the retreat will be held in silence, there will be clear instruction for beginning and advanced meditators, evening talks and optional discussion periods with teachers. $205 for the weekend. Call Hal at 971-3455; info@deepspring.org.

> If you really want to be happy,
> nobody can stop you.
> -Sister Mary Tricky

One or Two-Day Non-Residential Meditation Retreat with Barbara Brodsky of Deep Spring Center • Sept. 22 and Sept. 23, 9:30-5 p.m. • The first day is suitable for beginning and experienced meditators. There will be instruction in sitting and walking meditation, silent practice and discussion. A silent room will be available for those already familiar with practice and prefer total silence. The day, including lunch break, will be held in silence. The second day is open only to those who attended on Saturday, have taken a prior course. There will be continuation of instruction and more silent meditation time. $30 for one day, $50 for both. Call 971-3455 or Carole at 475-0942; info@deepspring.org.

Meditation with Master Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Sept. 28, 6-8 p.m. • There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will explore the fundamental techniques used in the Buddhist and Taoist styles of meditation, such as sitting, standing, walking, pondering, visualization, focusing and guided meditation. $50. Call 741-0695; www.peacefuldragonschool.com.

Meditation with Ema Stefanova • Sundays, 3:15-4:45 p.m. • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing different techniques to develop relaxation and one-pointed awareness, which lead to complete meditation. Ongoing class. Students may start anytime! For cost, call 665-7801; www.yogaandmeditation.com or emastefanova@cs.com.

Menopause

Learning About Menopause: What You Should Know with Debbie Mattison and Laura Rogers • Oct. 29, 7-8:30 • Did you know that hot flashes, mood swings and other symptoms could occur as much as eight years before actual menopause? This class is designed for women ages 35 to 50. This presentation gives a comprehensive overview of the physical and emotional changes, symptoms and health risks associated with menopause - and how you can best prepare for and manage them. Presented by a nurse and social worker. $10. Call 712-5400 or 800-231-2211.

Learning About Menopause: Hormone Replacement and Complementary Therapies with Judy Fedchenko and Rossana DeGrood • Nov. 26, 7-8:30 p.m. • Join us for an overview of the symptoms and health risks associated with menopause. You will learn the facts about hormone replacement therapy and complementary therapies such as herbs, soy proteins and other nutritional supplements. $10. Call 712-5400 or 800-231-2211.

Men's Work

Moon Magic for Men with Bronwen Wildflower Gates • Mondays, Oct. 1-Nov. 19; 7-9:30 p.m. • A time to explore mystery - the mystery of the moon, of your shadow, of your unconscious and subconscious minds and the mystery that is you. Access and reclaim the sacred masculine through the gateway of the sacred feminine. Playful and serious, light and dark, full of wonder and surprise; welcome. $250 with early registration discount offered. Call 734-424-2744; bronwild@aol.com.

Men's Issues Therapy Group with Cam Vozar • Mondays starting Sept. 10, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, isolation and divorce. $35 per session. Call 747-9073; cvozar@aol.com.

Men's Self-Development Group with Michael Andes and John Cardwell • Six sessions starting Sept. 25, every other Tuesday with an all-day to be arranged; 7-10 p.m. • Gathering together in support and caring, we will develop practical ways to nourish ourselves, enhance our significant relationships, and deal with the challenges and tasks in each of our individual life phases and cycles. $285. Call Michael at 662-5215; michaelandes@mediaone.net or John at 994-5320; johncardw@juno.com.

Midwifery

Holistic Midwifery Care for Labor, Birth and Postpartum with Patty Brennan and through The Holistic Midwifery Institute • Nov. 29-Dec. 2, 9-5 p.m. • This training provides a model of non-medicalized homebirth practice for aspiring midwives and birth assistants. Emphasis is placed on incorporating holistic therapies such as homeopathy, herbalism, reflexology and more, into all aspects of care. $360 with early registration discount offered. Call 663-1523; patty@holisticmidwifery.org.

Mothers & Daughters

Mothering Arts Support Group with Merilynne Rush and Mickey Sperlich of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Informal drop-in session open to all parents and their little ones. Meet to share resources, ideas and support for attachment-style parenting. Brief presentations by group members or community leaders each week. Free. Call 734-424-0220.

Would-Be-Moms and Moms-To-Be Reading Group with Sallie Han • Sept. 11, Oct. 9, Nov. 13 • What does it mean to become a mother? What has motherhood meant for women in other times and other places? If these questions interest you, come join a new reading group for women who are planning or experiencing a pregnancy. We will meet to socialize with other moms and discuss short readings on motherhood. It is not intended as counseling or therapy. Readings provided free of charge. Call 615-3553 or 327-2998; sshan@umich.edu.

A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up • Oct. 20, Nov. 17 or Dec. 8; 1-5 p.m. • This class provides both mothers and daughters, ages 9-12, with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mother and daughter. Call 800-231-2211 or 734-712-5400.

Movement & Dance

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. • From the beginning of time, sacred movement, song and story have brought people together. The Dances of Universal Peace are simple, direct and accessible. Dancers join hands to dance in a circle while singing sacred phrases from many world cultures and traditions. Each dance is easily learned. Within a few minutes, people are moving, singing, sharing together. Everything is taught. No partner or experience needed. $5 requested donation, but not required. Call 996-1332; smidd@altavista.com.

Sacred Circle Dance with Esther Kennedy through Weber Center • Sept. 13, Oct. 11, Nov. 8, Dec. 13; 7-9 p.m. • As leaves dance in the breeze, particles of dust float in the sunlight, flowers bend and bow, we can remember that all of nature is filled with the energy of rhythm and movement. We gather with one another in song, poetry and story. We take our place in the great dance of life. Join the circle and dance our sacred journey of praise. Donations appreciated. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org.

New Moon Authentic Movement with Robin Graubarth • Oct. 17, 7-9 p.m. at Crazy Wisdom Meeting Room • I will present a brief introduction to Authentic Movement - a dance/movement practice that is a form of self-directed movement with a witness. It is often used as a form of creative expression, in therapy, as ritual dance, and as artistic, healing and spiritual resource. Participants will have the opportunity to experience parts of the basic practice. I invite you to come and bring your embodied selves. No movement experience necessary. $5. Call 665-2345; robingraubarth@aol.com.

Ann Arbor Authentic Movement Group (A2AMG) • Bi-weekly Wednesday evenings; Open sessions Oct. 10 and Oct. 24, 6-9 p.m. • We are a self-facilitated peer group meeting since 1996 to explore Authentic Movement in community. Authentic Movement is a practice of self-directed movement, of moving, being moved and being seen. We approach AM as personal process, psychological narrative, creative resource and divine play. We invite those who seek to cultivate awareness of their embodied selves to join us. Nominal fee to rent space. Call Robin Graubarth at 665-2345 or Peter Norlin at 734-878-2900; redrobinah@aol.com or pfnorlin@earthlink.net.

Classical Indian Dance: Beginning Bharatanatyam at Sadhana Studio with Madhavi Marcia Mai • Wednesdays, Sept. 12-Dec. 12; 6:30-7:30 p.m. • Training in the South Indian temple dance that combines stylized movement and mimed storytelling, a practice in aligning mind, body and spirit. $143. Call 665-4930.

Orfeo ed Euridice through University Musical Society • Nov. 9-10 at 8 p.m., Nov. 11 at 4 p.m. • The Peter Sparling Dance Company performs in CW Gluck's Orfeo ed Euridice with the UMS Choral Union, the Ann Arbor Symphony Orchestra and renowned opera singers Ewa Podles, Lisa Saffer, and Isabel Bayrakvarian. For cost, call UMS Box Office at 764-2538; dancegallerystudio@ameritech.net.

Jazz Master Class with Deborah Sipos-Roe through Dance Gallery Studio • Oct. 14, 2-3:30 p.m. • Fast paced, intermediate level jazz for teens and adults. $15. Call 747-8885; dancegallerystudio@ameritech.net.

Peter Sparling Dance Company Open Rehearsal through Dance Gallery Studio • Dec. 1, 1-4 p.m. • See PSDC in action. New works in progress. Free. Call 747-8885; dancegallerystudio@ameritech.net.

Modern Master Class with Peter Sparling through Dance Gallery Studio • Nov. 17, 10:30 a.m.-Noon • Resident artistic director Peter Sparling gives a special class in Graham-based modern dance. $20. Call 747-8885; dancegallerystudio@ameritech.net.

Noonie Returns! Modern Master Class with Noonie Anderson through Dance Gallery Studio • Oct. 28, 1-2:30 p.m. • Put your extra hour to use this daylight savings! Come for a fun, upbeat modern dance workout with ex-Dance Gallery instructor Noonie Anderson. All levels welcome. $15. Call 747-8885; dancegallerystudio@ameritech.net.

Earth Dance with Jesse Richards: A Fundraiser for Pighoppers at West Park • Sept. 15, 3-4:30 p.m. • Earth Dance combines many styles including jazz, African and martial arts. It is an exciting, energetic dance style which develops a strong sense of strength, alignment and joy of moving. Earth Dance reminds us we are part of nature, and that dance is a way of life - a part of our spirituality, sexuality, work, politics, health, etc. To bring a greater richness to our dance experience, we also include some chanting and song. $15 suggested donation. Call 995-2972; jessing@home.msen.com. To learn about Pighoppers, a non-profit refuge for abandoned pigs and rabbits, call 461-1726.

Earth Dance with Jesse Richards: A Fundraiser for Wolfsong Ranch Foundation at West Park • Sept. 22, 3-4:30 p.m. • See above description. $15 suggested donation. Call 995-2972; jessing@home.msen.com. To learn about Wolfsong, a non-profit refuge for abandoned and abused wolves and wolf-dogs, call 505-557-2345.

Life Dance with Suzanne Willets-Brooks • Thursdays, Sept. 20-Dec. 13; 6-7:30 p.m. • Life Dance is about being fully charged, physically present and clearly focused. It is a combination of African dance, modern, jazz and contact improv with live percussion. The combination is energizing, uplifting and a lot of fun. $130. Call 482-2607; brooksjer@provide.net.

Music & Sound

Introduction to Balafon with Ryan Edwards • Weekly evening TBA • Steep yourself in the watery, mellow sounds of the balafon. Balafon is a 19-21 wooden keyed marimba from West Africa. The music is beautiful and proud; the trance is deep. $75 for six-week session. Call 827-2764; likewaterdrumworks.com.

Praying with Music: God's Song in My Heart with Judith Bonini ihm through Visitation • Oct. 25, 7-9 p.m. • The Holy One addresses us in many ways. Music is a beautiful language of God. Come. Listen. Share the music that has touched your heart. You are invited to bring a cd, tape or other music that has enriched your soul. This evening will include listening, reflecting and sharing. $10-$20. Call 734-242-5520; visitation@teleweb.net.

Myth-Making and Storytelling

Book Signing and Talk with Phil Cousineau, Author of *Once and Future Myths* at Crazy Wisdom Bookstore • Sept. 22, 5 p.m. • Phil Cousineau will be signing and discussing his new book, *Once and Future Myths: The Power of Ancient Stories in Modern Times*. Free. Call Carol at 665-2757; carol@crazywisdom.net.

Native American

The Circle of Law and An Ancient Tool for Peace and Quality Decision-Making with Twisted Hairs Elder Thunder Strikes • Sept. 28-30 • The circle of law is a system of self-governance which allows all viewpoints to be heard before a community decision is reached. It fosters individual thinking and tolerance for diverse viewpoints while producing quality solutions to troubling issues. $360 with early registration discount offered. Call Debbie Mast at 248-541-5267.

Native American Heritage Month Celebration at University of Michigan Exhibit Museum of Natural History • Nov. 18, Noon-4:30 p.m. • Native artist demonstration, storytelling, hands-on crafts, "Legends of the Three Fires" planetarium show and much more. Free admission with $3 tickets for planetarium. Call 764-0478 or Amy Harris at 763-4191; aharris@umich.edu.

Nature & Healing

Partnering with All Life Apprenticeships with Bronwen Wildflower Gates • Starts in Oct. • Working consciously with Nature to heal and make whole and holy our lives; year-long apprenticeship programs using plants as foods, medicines, magical allies; homeopathy as a spiritual discipline; flower essences; dowsing; and stone and crystal magic. For cost, call 734-424-2744; bronwild@aol.com.

Nutrition & Food Medicine

Basics of Healing Nutrition I with Judy Stone of Nutrition Magician • Sept. 24 or Oct. 15, 7-9 p.m. • Learn how to use your diet to heal and prevent common health problems such as diabetes, depression, autoimmune illness, excess weight, elevated cholesterol, hypertension, etc. Topics covered include how processed and refined foods compromise health, finding your inner nutritionist, ins and outs of low carbohydrate nutrition, myths and facts about cholesterol and other dietary fat, and the role of water and dehydration in health. $30. Call 994-5549; www.nutritionmagician.net/events/html.

Make It Healthy, Make It Fast: Breakfast of Champions with Judy Stone of Nutrition Magician • Oct. 3, 7-9:30 p.m. • Mom was right; breakfast is the most important meal of the day. But an energy boosting breakfast that lasts and satisfies is challenging for those choosing to avoid refined carbohydrates and sugar. This class will help you get your day off to a great start as we make morning quiche, french toast with protein nut butter and fruit topping, blueberry "blintzes", protein pancakes and mocha almond shakes. $36 includes recipe pack and meal. Call 994-5549; www.nutritionmagician.net/events/html.

The Crazy Wisdom Calendar

Nutririon and Food Medicine (continued)

Make It Healthy, Make It Fast: Vegetables I and II with Judy Stone of Nutrition Magician • Oct. 11 and Oct. 17, 7-9:30 p.m. • Okay, you know you're supposed to eat more veggies, but getting them in is a chore, right? If you can't tell a rutabaga from raddichio or kohlrabi from kale, if you frequently find brown mushy things at the bottom of your vegetable drawer, sign up quickly! In Veggie I, we'll make versatile veggie salads and dressings, carrot and cranberry bake, cream of jerusalem artichoke soup, and kale with tahini ranch dressing. In Veggie II, we'll learn to make low carb 3 bean salad, sweet potato fries, sesame tamari winter squash, sweet and sour cucumber salad, curried cream of cauliflower soup and caponata. $36 per class includes recipe pack and meal. Call 994-5549; www.nutritionmagician.net/events/html.

Shopping for Healing Nutrition with Judy Stone of Nutrition Magician • Oct. 22, 7-8:30 p.m. • If you're feeling a bit unsure of what to buy to stock your kitchen for healing nutrition, come on a walk and talk class held at a health food store. We'll cover stocking your kitchen for health and convenience, knowing what's really in that package, the dark side of soy, evaluating protein powders, choosing and using healthy fats and more. $15. Call 994-5549; www.nutritionmagician.net/events/html.

Make It Healthy, Make It Fast: Entrees with Judy Stone of Nutrition Magician • Oct. 30, 7-9:30 p.m. • We'll emphasize simple but creative make ahead dishes that reheat well. All dishes are low in carbohydrate and saturated fat. We'll make Italian turkey sausage and tomato stew, crispy sesame chicken bites, quick Thai chicken, lamb and zucchini meatballs, and creamy seafood chowder. $38 per class includes recipe pack and meal. Call 994-5549; www.nutritionmagician.net/events/html.

Thanksgiving Fixins' with Judy Stone of Nutrition Magician • Nov. 10, 10 a.m.-12:30 p.m. • How about enjoying a Thanksgiving meal that satisfies your taste for tradition but doesn't leave you bloated, stuffed or with elevated blood sugar? This class is perfect for those wanting to avoid refined carbs and sugar yet still enjoy a festive holiday meal. We'll make herb roasted turkey breast, faux mashed potatoes, sauteed greens medley, cranberry apple chutney, and pumpkin souffle with maple whipped cream. $38 per class includes recipe pack and meal. Call 994-5549; www.nutritionmagician.net/events/html.

Make It Healthy, Make It Fast: Sweet Treats with Judy Stone of Nutrition Magician • Dec. 4, 6:30-9 p.m. • Our taste for sweet is natural and can be satisfied without foods that deplete health and cause high blood sugar. You'll learn some of the tricks for making delicious desserts and treats that can be included as part of a healthy diet, including fudge, butterscotch pudding, strawberry sorbet, apples and caramel dip, and frozen cappuccino latte. $32 per class includes recipe pack and dessert buffet. Call 994-5549; www.nutritionmagician.net/events/html.

Holiday Entertaining with Judy Stone of Nutrition Magician • Dec. 8, 10 a.m.-12:30 p.m. • One way to make it healthfully through the holiday season is to have a repertoire of tasty appetizers that you can bring to office parties, holiday potlucks, or to serve at your own gatherings. Most guests appreciate healthy options. We'll make steamed vegetable platter with umeboshi almond dip, chicken dijon tidbits, Italian cheese dip, herb baked olives and apricot nut rolls. $36 per class includes recipe pack and meal. Call 994-5549; www.nutritionmagician.net/events/html.

> One should take children's philosophy to heart.
> They do not despise a bubble because it bursts.
> They immediately set to work to blow another one.

Outer Space

Cosmic Discovery Day with UM Exhibit of Natural History • Dec. 8, 10-4 p.m. • Out of this world activity stations include rocket models, crafts, and experiments. Michigan Space Center director Stewart Bailey sill talk about astronauts and space flight, and author Peter Alway will speak on the history of rockets. Sponsored by State Street Area Assn. Free. Call 764-0478 or Matt Linke at 647-1381; mlinke@umich.edu.

Parenting

A Mother's Sacred Journey: Parenting As Spiritual Practice with Jill Blixt • Sept. 23, 10-4 p.m. • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention but it also asks us to reflect on what it means to be guardian of another soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Come discover how to bring more nurturing and balance to yourself while you become more present for your children. $90 includes lunch and materials. Call 665-4577.

Good Boys, Good Men: Raising Sons Today with Carole Lapidos and Dani Meier • Oct. 20, 1-3 p.m. • Are you concerned about the messages your son receives about how to be a man? Do you want your son to grow up gentle and strong, independent and respectful? Do you want your son to be able to express emotions other than anger? Solid family support offers the single strongest defense against negative cultural influences. Join us to learn strategies to continue building your son's unique personality and stay emotionally connected as he grows to be a man. $20. Call 800-231-2211 or 734-712-5400.

Raising Strong and Confident Daughters with Carole Lapidos • Nov. 17, Dec. 1; 1-3 p.m. • "It's great to be a girl!" Parents of pre-adolescent girls (ages 5 and up) can develop practical strategies to help your daughters achieve and maintain high self-esteem. Do you wonder why elementary age girls with healthy bodies are saying, "I'm fat!"? Do you want your daughter to be able to know and voice her own opinion? Join us to discuss the limiting cultural stereotypes daughters today face and develop practical strategies for countering these risks and limits. $20. Call 800-231-2211 or 734-712-5400.

Past-Life Regression

Past Life Regression to Heal Karmic Blocks with Shala Kilmer • Oct. 20, 1-5 p.m. • Release karmic blocks from previous lives and begin healing issues such as prosperity, relationships and physical ailments. You will be helped to regress to the right life to heal an issue. Master St. Germaine, channeled by Shala, will direct removal of the blocks. Limited to 8 students. $150. Call 248-258-8287; kilmersh@hotmail.com or www.intuitionpath.com.

Past Life Regression with Jewel Shelden • Oct. 13, 7-9:30 p.m. • Discovering your artistic talents and skills, personal relationships and spiritual purpose of previous lifetimes brings more joy and direction to the present incarnation. Current health issues can also stem from past life traumas. We will explore all this using an easy relaxation technique that will focus the mind and provide lasting benefits. $30. Call 998-0604; jesheldon@hotmail.com.

Personal Growth

Get A Life with Jill Blixt • Sept. 30, 10-4 p.m. at Crazy Wisdom Meeting Room • We often say "Get a life" rather than try to create one that gives us joy. Come spend an afternoon to open to your heart's desires and identify what you really want in life. Through writing, collage and creative play, renew your optimism and create momentum for manifesting your heart's desire. $90 includes lunch and materials. Call 665-4577.

Integration Psychology with Penny Weaver • Wednesdays, Oct. 17-Nov. 21; 8:30-10 p.m. • The next generation of psychology, it's an adventure in self-discovery and transformation. It combines ancient practices with new age/metaphysical techniques Penny uses in her practice. Six-week course. For cost, call 248-374-1070; pennyweaverj@aol.com.

Living an Awakened Life with Jan Forrest • Oct. 9, 6:30-9 p.m. • Eager to learn how you can live an awakened life? In this enlightening workshop, you will explore ten keys for leading an authentic, spirit-filled life and develop tools that can form an enriching daily spiritual practice and lifestyle. $25. Call 616-844-2912; hearttoheart@novagate.com.

Women Who Love or Give Too Much with Sandy Prochazka • Nov. 14, 7:30-9 p.m. • Are you a woman who gives too much, then feels exhausted and used by family, friends, spouse and others? This experiential workshop will address this difficult and common pitfall for women and is geared toward gaining awareness in the areas of self-esteem, co-dependency, depression and family management. Some recovery techniques for long term change will be included. $10. Call 712-5400 or 800-231-2211.

Embracing the Power of Creation: A 12-Week Series in Consciously Creating Your Reality with Lisa C. Wolf • Tuesday or Wednesdays, 6-8 p.m. • Our goals, be they material goods or states of being, are often hindered by our unconscious beliefs, attitudes and feelings. When we face our true desires and how we prevent their fulfillment, deep wounds are healed and miracles of manifestation can occur. Participants will systematically explore the process of conscious creation. They will deepen their understanding of the emotions, attitudes and beliefs which shape the creative process. Psychotherapeutic approaches, spiritual practice (meditation, visualization), discussion, emotional release work, art, and experiential exercises will be used. Maximum 6 participants. $600 for the series. Call 930-0864.

Light in Action: Ritual as a Path of Transformation with Evie Gauthier • Nov. 10, 9:30 a.m.-9 p.m. and Nov. 11, 10-6 p.m. • This two-day experiential workshop will explore the psychological, spiritual and ethical principles underlying the creation of rituals and ceremonies. Participants will access their inspirations and bring form to their aspirations. We will work with whatever your belief or value system is, whether sacred or secular. $175. Call 483-0232; info@enritual.com.

Activating the Power of Jabez with Les Brown through Church of Today • Sept. 2, 9 a.m. and 11:30 a.m. • Les Brown will be introducing his two children who will be with him for his service. His talk will be based on the book *The Power of Jabez* by Bruce Wilkinson. Free. Call ???

Rapid Eye Technique Lecture and Demonstration with Robert Hughes at Crazy Wisdom Meeting Room • Sept. 23, 4:30-7 p.m.; Oct. 14, 4-6:30 p.m.; Nov. 28, 7-9:30 p.m.; Dec. 9, 4-6:30 p.m. • Discover the theory and benefit of this therapeutic technique. RET may create lasting and profound change in people resulting in renewed clarity and motivation. RET may facilitate the release of suppressed emotions, trauma and distress. Free. Call 827-1443; robertkhughes@yahoo.com.

Photography

The Contemplative Practice of Photography with James Miller through Weber Center • Oct. 5 at 7:30 p.m. through Oct. 7 at 1 p.m. • This workshop will focus on the contemplative nature of photography that is possible in taking, viewing and remembering pictures. The weekend will include small group experiences, time alone to meditate and photograph and four sessions led by Jim Miller, each of which will include examples of his photography, in a contemplative environment. Emphasis will be upon the experience of photography, not its technical expertise. $150. Call 517-266-4000; fax 517-266-4004; www/op.org/adrian/weber.

Polarity Therapy

Introduction to Polarity Therapy with Linda Diane Feldt through The Ann Arbor Center for Holistic Health and Traditional Wisdom • Oct. 17, 24, Nov. 7, 14, 28, Dec. 6, 7, 8 • You will learn the three primary energy patterns, an in-depth understanding of the chakra system, the three types of polarity touch, practical and simple energetic first aid techniques, and how to do a basic energy balancing session. Each class includes snacks, lecture, discussion and bodywork practice. This class is appropriate for massage and bodywork therapists, anyone who wants to work on friends and family, and those interested in energetic healing methods. *Polarity Process* by Franklyn Sills is required. *Esoteric Anatomy* by Bruce Burger is suggested. Handouts provided. $100-$120 for eight weeks. Call 662-4902; fax 662-5227; feldt@holisticwisdom.org or www.holisticwisdom.org.

Polarity Therapy Training with John Bodary, Renee Rutz, Karen Kerns and Maureen Frisbie • Sept. 10, 24, Oct. 8, 22, Nov. 5, 19, Dec. 10, Jan. 7; 6:30-10:30 p.m. plus eight sessions with teachers of the class • Polarity Therapy deals with basic concepts of the flow of energy in the human system. Both theory and hands-on palpation of energy are taught to increase the student's awareness of energy flow. The work is based on the concepts developed by Dr. Randolf Stone. $700. Call Polarity Center at 313-582-5034.

If you laugh a lot, when you get older your wrinkles will be in the right places.

- Andrew Mason

Prayer

Holding Our Suffering World Community with Visitation Staff • Sept. 5; 6 p.m. potluck salad supper, 7:30 p.m. prayer service • An evening of prayer for the victims of the HIV/AIDS plague. Our awareness of the expanding devastation from AIDS calls us to join with one another in prayer. Let us beseech our God to help us eradicate this disease. Call 734-242-5520; visitation@teleweb.net.

Earthwalk Worship Service with Dawn McClain • Fourth Sunday of each month, 10:30-Noon • Earthwalk is now offering a worship service in the Ann Arbor area. We are a spiritual community of shamanic practitioners dedicated to experiencing our connection both to spirit and humanity. The service consists of music, a talk by the service leader, prayer and a brief meditation. Bring an item for the community altar. It will be returned to you. Donation. Call 971-8576; butterflywomen@mediaone.net.

Sitting Prayer through Visitation • Mondays, Noon-12:30 p.m. • This time is an opportunity to connect with God as the center of one's being in a quiet environment with a community of praying people. Presence for the full half hour is expected. Call 734-242-5520; visitation@teleweb.net.

Wednesday Evening Prayer with Visitation Staff • Wednesdays, 7:30 p.m. except Dec. 26 • Awareness of our interconnectedness to the earth and to all people shapes the framework of our prayer. Everyone is welcome to be a part of this praying community. The evenings focus on a rotation of themes: healing, praise, attentive listening, thanksgiving, and global consciousness. Call 734-242-5520; visitation@teleweb.net.

Reiki

Drop-In Reiki with Robert Hughes • Fridays, 4-6 at Crazy Wisdom • Receive the grace and healing power of Reiki in a comfortable, convenient and private space. $1 per minute or $50 per hour. Call 827-1443.

Reiki Healing Circle with Robert Hughes • Sept. 13, Oct. 10, Nov. 21, Dec. 12; 7-9:30 p.m. at Crazy Wisdom Meeting Room; Sept. 27, Oct. 25, Nov. 29; 5-6:30 p.m. at an alternate location • Open invitation to the public to learn about and experience Reiki. All healers and interested parties welcome to attend. Our intention is to bring healing to ourselves and to the community. Donations accepted. Call 827-1443; robertkhughes@yahoo.com.

Reiki/Energy Balancing with Mary F. Vogen • Third Saturday of each month, 10 a.m.-2 p.m. • I will use pendulum and Reiki to measure chakras and balance as necessary. Discussion of which aromatherapy/color/crystals would benefit each person. Reiki treatments $1 per minute. Chakra/energy balancing $15 for 20 minutes. Contact maryfrancesvogen@hotmail.com.

First Degree Reiki Class with Suzy Wienckowski • Sept. 21-23 or Nov. 9-11; Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30-12:30 • Reiki as an ancient, gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind, spirit. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Oct. 5, 7-9 p.m. and Oct. 6, 10-4 p.m. • Second level training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. $500. Call 665-8665; suzyreiki@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Oct. 24, 7-9 p.m. • Suzy Wienckowski speaks on the Usui System of Reiki Healing. Free mini treatments offered for those wishing to stay after the talk. Free. Call 665-8665; suzyreiki@aol.com.

Reiki I with Penny Weaver • Sept. 8, Oct. 13 or Nov. 10; Noon-3 p.m. • Learn to use the life force energy in your hands to balance your own energy. For cost, call 248-374-1070; pennyweaverj@aol.com.

Reiki II with Penny Weaver • Sept. 22, Oct. 20 or Nov. 17; 12:30-4:30 p.m. • Learn to use the life force energy in your hands to balance the energy of any living thing. For cost, call 248-374-1070; pennyweaverj@aol.com.

Reiki Level I with Marliesa Back • Sept. 15, 9-4 • Reiki is a gentle yet powerful healing energy. Learn about Reiki and how to use this energy in a small class with plenty of opportunity for practice and questions. Practice hand positions for use on others and on yourself, and receive traditional initiations that allow you to transmit Reiki energy. $95. Call Marliesa at 428-1451.

Reiki Level II with Marliesa Back • Nov. 16, 7-10 p.m. and Nov. 17, 9-4 p.m. • This class is offered for those who have worked with Level I Reiki and wish to broaden and deepen their connection through the traditional Reiki II initiations, and through relationship with the Reiki symbols. These symbols help you send Reiki across distances, and expand your hands on work. Classes are small with opportunity for practice and questions. $150. Call Marliesa at 428-1451.

First Level Reiki Workshops with Ray O. Golden • Sept. 16, Oct. 14 or Dec. 2; 9-6 • Reiki is a powerful, natural, non-invasive easy to learn technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal, and spiritual. Class sizes are limited to allow for individual attention and traditional attunements. In the level one workshop, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self healing techniques. $125 includes manual and certificate; discounts offered. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden • Nov. 10, 6-10 p.m. and Nov. 11, 10-4 • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. $225 with discounts offered. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden • Sept. 6, Oct. 4, Nov. 1, Dec. 6; 7-9 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Call Center for Intuitive Health at 663-9724; intuitivehealth@aol.com.

Relaxation & Stress Management

Stress Management for Women with Laurie Ausel and Dawn Gaden of Gentle Strength Counseling and Holistic Center • Twice monthly starting Tuesday Sept. 11, 6:30-8 p.m. • In a safe, supportive environment, women will learn about stress triggers, how to stay healthy during crisis, and we will discover new ways of coping. For cost, call Dawn at 810-225-0463.

Introduction to Meditation for Stress Management with Sandy Finkel • Sept. 15, 2-4 p.m. • Most of us could use help bringing balance to our lives and dealing better with demands and stress. Come to this introductory talk to learn some basic tools and approaches to enhancing calm and clarity. $10. Call 769-0053; smfinkel@umich.edu.

Meditation for Stress Management with Sandy Finkel • Mondays, Sept. 24-Nov. 19; 7:30-9 p.m. • This eight-session course covers basic meditation practices, understanding the effects of stress on the body and mind and effective approaches to responding to events with more clarity and calm. By making time for yourself to develop these skills, lives are brought into balance. $150. Call 769-0053; smfinkel@umich.edu.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Oct. 3, 12-1:30 p.m.; Part 2: Oct. 11, 12-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $20 per session. Call 668-2733.

Meditation and Stress Release with Rev. Sandra Baum • Sept. 20, 7-9 p.m. • Learn various types and forms of meditation. Learn to release tension in three breaths. $18. Call Diane at 810-229-1419, ext. 8.

Shamanism

Tibetan Shamanism: Spiritual Extraction with Dr. Larry Peters through Spirit Weavers • Sept. 15 and 16, 9-5 p.m. each day • You will learn techniques to remove spiritual intrusions that cause illness to body, mind, psyche, spirit, family and community as practiced in the Tibetan/Nepal shamanic tradition. Techniques include merging with power animals, soul journeying, soul dancing, combating sorcery and misfortune-creating agents, cleansing and purification of spiritual toxins. You will learn how to remove these intrusions and about the causes which create vulnerability to spirit intrusion. Prerequisite is the ability to journey into non-ordinary reality and work with power animals. $200. Call 517-543-6754; spiritweavers@voyager.net.

The World-Wide Mesa Linkup with Mateyo Empie • Oct. 19, 7:30-10 p.m. and every third Wednesday • Long before the internet, Peruvian medicine people learned how to share information and energy outside the limitations of the physical world. On the simplest level, we can "hold space" to provide a safe and loving environment for personal growth. To greatly increase our potential for transformation, our open-heart space can be combined with a perceptual exercise creating an intentional energy structure. The healing power become remarkable with the help of a tuned set of ceremonial objects, or mesa, which connects us to all other mesa carriers around the world. The mesa linkup is a meditation, a group-mind exercise. These Peruvian practices strengthen Mother Earth's connection to the celestial realms, and benefit us while we serve her and all that is. $27 plus a donation of nonperishable food for a local food drive. Call 663-5505; snakewillo@aol.com.

The Crazy Wisdom Calendar

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Level One Classes Sept. 16; Oct. 14; Dec. 2
Level Two Classes Nov. 10 & 11
***Reiki with Animals* Oct. 14 & 15; Dec. 2 & 3**
Individual Treatments

Ray O. Golden, *M.S.E., Reiki Master*

Clairvoyant & Intuitive Development Workshops

Level 1: Awareness & Intuitive Self Healing also ("Preparation for Animal Communication") *Sept. 8,9; Dec.15,16*
Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras.
Level 2: Deepening Awareness & Skills *Oct. 27,28*
Learn to recognize and heal layers of the aura. Communicate and connect with one of your healing guides to do healings.
Level 3: Putting It All Together *Nov. 17,18*
Level 4: Channeling *Tba*

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• 734-663-9724 • IntuitiveHealth@aol.com •
Call for information, Treatments or Readings

Weber Center

Jean Houston Returns
Pioneers of a New Humanity
Nov 30 - Dec 2
Friday, 7:30 pm – Sunday, 2 pm

The focus for this extraordinary weekend is a meeting of two minds, with Jean Houston guiding us through her understanding and knowledge of two of the magnificent pioneering intellects of the 20th Century: Teilhard de Chardin and Margaret Mead

Jean Houston explores the special qualities that made them creators and people of genius, and then provides training in a variety of techniques designed to evoke the innate genius of each participant.

Presenter:
Jean Houston, PhD, is one of the world's most innovative thinkers. She is an internationally known philosopher, teacher, author, cultural historian and leader in the field of unlocking the latent human capacities in every human being.

$350 includes room and meals.

Weber Retreat and Conference Center
Adrian, Michigan (517) 266-4000
www.admc-op.org/weber

Shamanism (continued)

Shamanic Empowerment: A Transformative Weekend Workshop with Mateyo Empie • Jan. 19-21 or April 20-22; Friday 7-10 p.m., Saturday 10-10 and Sunday 10-6 • Packed with the most effective techniques of personal transformation, this class initiates you into learning through awareness, the essence of shamanism. Learn at your own pace and directly sense heightened states of consciousness. Learn to ground, hold space and resonate with Mother Earth's gentle strength. Experience the power of the fire ceremony, channel healing energy, work with your luminous healing body, and separate your aura from the dissonance of the modern world. $275 with discounts available. Call 663-5505; snakewillo@aol.com.

Toltec Philosophy with Rev. Sandra Baum • Sept. 4, Oct. 2, Nov. 6; 7-8 p.m. • Exploration, discussion and practice of Tensegrity as taught by Carlos Castaneda by Don Juan Matus and The Four Agreements as presented by Don Miguel Ruiz. By donation. Call Sandra at 810-227-3660 or Debbie at 810-227-0026.

Shelter Building

Creating Handmade Space: The Joy of Natural Building with Deanne Bednar • Sept. 15-23, all or any days • Learn natural building skills and help finish this unique thatched roof/strawbale studio in Oakland County. A place for the soul. Focus will be on earthen plastering, interior sculpting, and more. Lots of resources. All welcome. One-time fee covers any or all days. $50 per person or $75 for two with discounts available. Call Deanne at 248-363-1756 or Fran Lee at 248-628-5283; ecoartdb@aol.com.

Shelter Building with Shawn M. Grose • Oct. 27, 9-2 p.m. • Students will learn nine aspects of shelter building. Then they will apply their knowledge by gathering natural materials and building shelters in teams. $30. Call 528-9785; shawn_grose@msn.com.

Singing & Songwriting

Holistic Vocal Singing Class for Teenagers with Jesse Richards • For complete description, see listing under Kids & Young Adults.

Holistic Vocal Singing Classes for Adults with Jesse Richards • 6 Thursdays starting Sept. 13, 7-8:30 p.m. • Holistic Vocal Training enables you to sing your best while developing greater self awareness, technical expertise, creativity and confidence. All vocal styles and levels welcome. This course is also beneficial for song writers, public speakers and those engaged in personal healing process. Jesse also teaches private lessons. $90. Call 995-2972; jessing@homemsen.com.

Spinning

Outdoor Spinning with Susan and Elmo Morales • Sept. 7, 14, 21, 28, Oct. 5, 12, 19; 6 p.m. • All levels welcome on this group ride on specially designed bikes that simulate a road ride. Led by a certified instructor guiding with music and imagery. $10 drop-in with packages available. Call 669-0500.

Spiritual Development

Ammachi Comes to Ann Arbor • November 27, 28 and 29 • Public darshan and spiritual programs with Indian guru, Ammachi. Her public programs are worth beholding. For times and locations, call Ajitha Kymal at 769-2662.

Wednesday Evening Meditation for the General Public with Brenda Morgan • Sept. 12, and Nov. 14; 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. This evening has been set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Donation. Call Susan at 665-0536.

The Glance of Love with Brenda Morgan • Oct. 19, 7-9 p.m. • Love is palpable; it is the Light, a Living Force transforming all who respond to it. It grants our natural state of peace, serenity and happiness, which is our birthright. God enters through feeling Its presence, through allowing oneself to relax and intuit that the glance of Love is there to heal all unhappiness, losing all fear of loving. Brenda will, through insight, wisdom and meditation arising from her spiritual transformation, share how we can begin to connect to the most profound and happy expression of who we are. $35. Call Susan at 665-0536.

A Gathering In Spirit with Brenda Morgan • Oct. 20 and Dec. 8, 9-4 • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary. The particular religious structure chosen should not conflict with the day's activities. The specific activities are to help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the first priority in life: God. No experience necessary. $85. Call Susan Fancy at 665-0536.

In Any Given Moment with Brenda Morgan • Dec. 7, 7-9 p.m. • Through meditation and dialogue, Brenda will explore the participants' willingness to feel beyond the body mind in the midst of a Westerner's life. She will share simple ways to begin to stabilize one's attention upon God as the higher physics of transformation can take hold. $35. Call Susan at 665-0536.

Discovering Meditation with A-tsal Khandro through Flaming Jewel Dharma Center • Wednesdays, Oct. 3-Nov. 7; 7:30-9 p.m. • This six-week class in sitting meditation offers all the basics needed for establishing an ongoing meditation practice. In the Tibetan tradition, it is often said, "Meditation isn't, getting used to is." This means that meditation is a process of getting used to a new way of being. This class offers a period of silent sitting meditation each week combined with instruction. It's great for revitalizing an ongoing practice or establishing a new one. Beginners welcome. No experience or religious affiliation needed. $75. Call 665-2456.

The Alchemy of Emotions in Tantric Practice with Traktung Rinpoche and A'dzom Rinpoche and senior students of the Flaming Jewel Dharma Center • Wednesdays, Nov. 14-Dec. 19; 7:30-9 p.m. • The Tantric path offers profound and powerful methods to discover the ground of one's current life as the place of wisdom discovery. Using a variety of methods, one can discover the enlightened potential of every emotion as well as a way to live in vibrant joy, compassion and wisdom. These skillful means include envisionment, awareness spell, movement, meditation and more. $75. Call 665-2456.

Spiritual Growth Group with Neil E. Rand and Rabbi Esther Rand • Forming small groups every month, meeting twice a month • Dedicated to the understanding and fulfillment of our individual spiritual pathways, committed to openness, sharing, true acceptance and loving support of each other on our sacred journeys. Bring your higher self. Come and open your heart of giving and receiving love. For more information, call Pathways in Light & Love at 734-327-5953.

Soul Rhythms with Sally Gabany and Peggy Schmidt ihm through Visitation • Oct. 13, 9:30-3:30 • Jesus proclaimed that he had come that we might have life to the full. Using prayer, play, sharing and reflection, this day seeks to assist us in developing a healthy, wholesome rhythm in our daily lives. Come and enjoy time with God and others. $35 includes lunch. Call 734-242-5520; visitation@teleweb.net.

Beginning the Advent Journey: Walking and Waiting with Doris Klein through Visitation • Nov. 30, 7:30-9 p.m. • As we begin the Advent season, we are invited to walk into the cave of our hearts where we wait to know more fully the mystery of God. Doris will use slides of her paintings to focus our Advent walk within, drawing on themes from her Advent/Christmas work. $20. Call 734-242-5520; visitation@teleweb.net.

Journey of the Soul: Songs of an Advent Heart with Doris Klein through Visitation • Dec. 1, 9:30-4 • Our soul journey is the process of spiraling deeper into the heart of the Holy. During this retreat, Doris will use her paintings as well as music, poetry and creative writing as doorways into the sacred space of walking with Mystery. Participants will be invited to explore their experiences of a nurturing God. Themes will include walking into mystery, times of transformation, leaning into letting go and the heart of wisdom. $50 includes lunch. Call 734-242-5520; visitation@teleweb.net.

Advent Retreat Evening with Visitation Staff • Dec. 10, 7-9 p.m. • Advent is a time of preparation and waiting. A time to reflect upon the themes of the Advent scriptures. Come, prepare your heart through this quiet evening of prayer, reflection and sharing. $10-$20. Call 734-242-5520; visitation@teleweb.net.

Spiritual Sojourn to South Haven, MI with Penny Weaver • Sept. 14-16 • Enjoy a weekend of deep intensive meditations on Lake Michigan to help increase your psychic energy. Prerequisite of attendance in past class or prior trip. For cost, call 248-374-1070; pennyweaverj@aol.com.

Becoming Higher Powered with Rena Seltzer • Sept. 10, Oct. 1, Nov. 5, Dec. 3; 10:30 a.m.-Noon • A workshop for those interested in developing or strengthening their spirituality. Based on twelve-step principles but open to all. Each workshop is freestanding, so participants can attend just one or any combination. Free. Call 741-8434; rseltzer@aol.com.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

An Introduction to the Pathwork Teachings: A Lecture Study Series sponsored by the Great Lakes Pathwork • Day and time TBA; class meets for two hours • This series introduced some of the basic concepts expressed in the Pathwork lectures. Lecture study includes discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes all lectures studied and a subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930-0864.

A Course in Miracles Study Group with David Bell • Mondays, 6:45-8:45 • Open-ended, ongoing discussion of A Course in Miracles. Includes collateral materials. Newcomers welcome. Donations accepted. Call 327-0270; dave@interfaithspirit.org.

Meeting with a Spiritual Friend Satsang with Solane • Oct. 6 and 7, 10-5 p.m. • These meetings are an invitation to tell the truth about what is truly wanted and to explore the obstacles to awakening. They are an opportunity to uncover the strategies of the illusory ego that keeps one feeling separate from love. Join us to sit in silence, share, deepen and celebrate. $75 for both days. Call John Cardwell or Sue Erickson at 994-5320; johncardw@juno.com.

Book Study Group of A.H. Almaas and the Diamond Heart Approach with Allison Hine, Lou Weir, and John Cardwell • Biweekly Mondays, 7:15-10 p.m. • Meditation, reading, discussion and experiential exercises based on the work of A.H. Almaas and the Diamond Heart Approach. Free. Call John at 994-5320 or johncardw@juno.com, Allison at 213-1372, Lou at 663-1675.

Introductory Talk on the Diamond Heart Approach and the Work of A.H. Almaas with Kirk Dennis • Nov. 29, 7:30-9:30 p.m. • The Diamond Heart Approach offers a synthesis of psychological and spiritual growth. It is an understanding that honors the uniqueness of the soul and each person's unfolding experience. Free. Call John at 994-5320 or johncardw@juno.com, Allison at 213-1372, Lou at 663-1675.

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not the Lamp

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the Light remains

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The Crazy Wisdom Calendar

Spiritual Development (continued)

Gurdjieff/Ouspensky Center: A 4th Way School Introductory Meetings with Jeanie Wayker • Tuesdays, Wednesdays, Thursdays at 7 p.m. or Sundays at 2 p.m. • This teaching is based on the idea that a change in the level of one's knowledge must be accompanied by a change in the level of one's being. The school provides the necessary conditions for actualizing this aim, without retreating from life. Man in the ordinary conditions of life uses only the lower, more mechanical parts of his functional abilities. With the help of this school, which is derived from higher mind, we acquire the possibility of coming in contact with our higher functions and fulfill our potential as human beings. Free. Call 697-2477; marie12@mediaone.net.

What is a Spiritual Director? with Jonathan Ellis • Oct. 5 or Nov. 16, 7:30-8:30 p.m. • This hour-long presentation is for anyone who wants to learn how individual monthly meetings with a spiritual director can support your spiritual life. Not someone who decides a direction for you, a spiritual director is a coach who is experienced in helping people sort through their ideas and feelings about the spiritual path of their own choosing. Former co-owner of Crazy Wisdom and long-time spiritual director, Jonathan Ellis will explain how such monthly sessions can let you step back regularly, look at the last month of your life from a spiritual perspective and focus your intention for the month ahead. Free and open to all. Call 668-6672.

Friday/Saturday Workshop "Direct Path" with Andrew Harvey through Church of Today • Oct. 5, 7-10 p.m. and Oct. 6, 10-4 p.m. • Teaches how to directly experience God using the mystical prayer practices he has learned from many world religions. Workshop based on his book *Direct Path*. For cost, call 810-758-3050.

The Blessing: The Art and The Practice with David Spangler through Church of Today • Oct. 17, 1 and 7:30 p.m. • Free. Call 810-758-3050.

Gifts of the Spirit with Sandra Stockwell through the Serendipity Center • Oct. 6, 7; 9-6 p.m. • Open up your natural abilities in a safe and gentle atmosphere by connecting through your own personal lineage. Receive tools to evolve your personality and relationships and much more! Authorized to teach this class by the Triolite Foundation. $300. Call 517-448-5886.

Alchemy with Sandra Stockwell through the Serendipity Center • Nov. 18, 5-8 p.m. • Alchemy in a metaphysical sense is not about changing lead into gold but rather heightening your vibration so you can reside in a joy space. Authorized to teach this class by the Triolite Foundation. $75. Call 517-448-5886.

Sacred Geometry with Todd Stockwell through the Serendipity Center • Nov. 25, 5-8 p.m. • Learn about and how to use sacred geometry to sanctify and protect your home, office, property, etc. Authorized to teach this class by the Triolite Foundation. $60. Call Sandra at 517-448-5886.

Spiritual Journeying

Autumn Wheel of Sanctuary with Robin VanDoren through Weber Center • Nov. 2 at 7:30 p.m. through Nov. 4 at 1 p.m. • The wheel is a symbol, an integral ground for many cultures throughout the world, a universal living symbol inviting us to come together in our diversity and with unique gifts to live in community dedicated to wholeness around a sacred center. This meeting of the wheel, which welcomes all who wish to dance the great dance and dream the great dream, is dedicated to calling upon the Elders. Let us honor those who have come before, invite the knowing they carry now to guide us as we move through the radical present, into a creative and loving future. $250. Call 517-266-4000; fax 517-266-4004; www.op.org/adrian/weber.

Journey to Avalon with Jill Blixt and Bronwen Gates • Nov. 16, 7-10 p.m. and Nov. 17, 10-4 p.m. • Whispers ... Merlin, Arthur, Avalon. We hear the whispers and something deep within us stirs. What is it that makes the very word Avalon an invitation to mystery? Come and explore what Avalon can mean to you through the power of the Arthurian legend and the magic of Merlin. Travel through the portals to Faerie. Work with and learn from the Knights of the Round Table. Let the Ladies of the Round work their magic for you. Receive the gifts of the Muses, the Glamours and the Ancient Ones. $135 with early registration discount offered. Call Jill at 665-4577 or Bronwen at 734-424-2744.

Pioneers of a New Humanity with Jean Houston through Weber Center • Nov. 30 at 7:30 p.m. through Dec. 2 at 2 p.m. • The focus for this extraordinary weekend is a Meeting of Two Minds, with Jean Houston guiding us through her understanding and knowledge of two of the magnificent pioneering intellects of the 20th century: Teilhard de Chardin and Margaret Mead. This seminar provides a potent synthesis of the possible human and the mythic life, as Jean House examines the spiritual life stories of these renowned scientists and seekers, people she knew personally and admired deeply. $350. Call 517-266-4000; fax 517-266-4004; www.op.org/adrian/weber.

Love - The Way of the Mystics with Arlene Kosmatla through Weber Center • Oct. 9 and Nov. 13, 7-9 p.m.; Day of Reflection: Dec. 8, 9:30-4 p.m. • The mystic is one who awakens to Love, the very source of creation and of being itself. In reflecting upon a few 20th century mystics, we will consider how the mystery of God's life and love has unfolded in their lives and how that same mystery calls us to live out of our deepest freedom and truest self. In October, we will look at mysticism through the eyes of Thomas Merton; in November, Evelyn Underhill will be our guide on the mystic journey; in December, our day of reflection will be within the heart and vision of Dorothy Day. $50. Call 517-266-4000; fax 517-266-4004; www.op.org/adrian/weber.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq John Middlebrooksj • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Inayat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, which is a practice of remembrance of the Divine Name. Free. Call 996-1332; johnsiddiq@altavista.com.

Tai Chi

Tai Chi Chuan with Evie Craig ihm through Visitation • Oct. 8, 15, 22, 29, Nov. 5, 12; 7-8:15 p.m. • Tai chi invites us to be attentive, to become deeply focused in the center of our being. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. Limited to 20. $40. Call 734-242-5520; visitation@teleweb.net.

Beginning Chen Style Tai Chi Chuan through Great Lakes Wushu • New class begins Sept. 6 and meets Mondays and Thursdays, 6-7:20 p.m. and Saturdays 10-11 a.m. • During the four-month session, students will receive instruction in Chen style tai chi chuan, including 36 movement form, basic stances and silk reeling energy exercises. $65 per month. Call Richard Miller at 994-5980; www.greatlakeswushu.com.

Baguazhang (Pa Kua Chang) Study Group through Great Lakes Wushu • Mondays and Thursdays, 7:30-9:30 p.m. and Saturdays, 11:15-12:30 p.m. • Study of yin style baguazhang includes strengthening postures, turning the circle, stationary and moving strikes, kicks, applications, nei gong. Focus is on the lion system. $65 per month. Call Richard Miller at 994-5980; www.greatlakeswushu.com.

Golden Shield Qi-Gong with Randy Marteins • Friday evenings • 2,000 year old system from N.W. China to heed and shield the body from disease and age. For cost, call 572-7672; karaprow9@hotmail.com.

Qi Gung: Love Medicine in Action with Robert Hughes • Sundays, 2-3 p.m. • Qi gung exercises are easy to learn and promote optimal health and vitality. Students learn from three 15-minute sets and several short exercise sets. $12 drop in or $60 for six weeks. Call 827-1443; robertkhughes@yahoo.com.

Tai Chi Chuan Beginner Class with April Pickrel and Master Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Sept. 10-Dec. 8; Mondays, 6-7:15 p.m. and/or Saturdays, 10-11:15 a.m. with practice sessions on Thursdays 6-7 p.m. • Tai chi chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well being are enhanced through these techniques as well as tai chi chuan's unique, slow, graceful movements and breathing coordination. Tai chi chuan is often characterized as meditation in motion because of the stillness that it exemplifies. $165. Call 741-0695; www.peacefuldragonschool.com.

Form Progression with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Sept. 10-Dec. 8, Tuesdays and/or Wednesdays 6-7 p.m. • After completing the TCC solo form, students who would like to continue their study can join this class. The form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the students' insight of their body/mind connection, locating and dissolving tensions and understanding the dialogue between body, mind and spirit. $135. Call 741-0695; www.peacefuldragonschool.com.

Push Hands with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Sept. 10-Dec. 8, Tuesdays, 7-8 p.m.; Ongoing • Push Hands is a two person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction in class and hold the understanding of potential relationships in conflict resolution and corporate, political and basic dynamics between groups and individuals. As a student develops in this class, they move out of the choreographed movements into freestyle Push Hands. Students must have completed the TCC form before enrolling. $135. Call 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung and Wild Goose Form with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Sept. 10-Dec. 8, Tuesdays 8:30-9:45 a.m. and/or Wednesdays 5:45-7 p.m. • Chi kung is a type of Chinese yoga. This class will focus on chi kung's soft and hard fundamental techniques, chi kung Buddhist, Taoist, medical and martial styles, mind/body coordinated movement, breathing techniques, stretching and an introduction to the energy pathways (meridians) of the body. Students will also begin to learn the Wild Goose chi kung form. This graceful form combines the fundamental techniques of chi kung as it playfully and gently stretches the muscles, opens the joints and stimulates the body's meridians. It is a continuous form of 64 movements takes 15 to 20 minutes to perform, offering the body a complete exercise routine. $165. Call 741-0695; www.peacefuldragonschool.com.

Tai Chi Saber with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Sept. 10-Dec. 8, Tuesdays 8-9 p.m. • The TCC Saber (dao) form represents the element metal. Differing from the fluidity of the sword form, its movements are more direct and sharp. $135. Call 741-0695; www.peacefuldragonschool.com.

'arot & Divination

ot Readings with Robyn Lowenstein in the Crazy Wisdom Tea Room • Times to be nounced • $1 per minute. No appointment necessary. Call 734-458-8637.

ot Readings with Jeanne Adwani in the Crazy Wisdom Tea Room • $25 for 30 minutes or per hour. Appointments necessary. For times, call 662-8909; jadwani@yahoo.com.

p-In Rune Readings with Lee Cole in the Crazy Wisdom Tea Room • First and Third rsdays of each month, 7-10 p.m. • No appointment necessary. $1 per minute. Call 449-9.

uitive Tarot with Rev. Sandra Baum • Sept. 9, 5-7 p.m. • Learn the nuances of the major and ıor arcana. Call in spirit for a spiritual practice. $40. Call Sandra at 810-227-3660 or Debbie at -227-0026.

ture Stones: Learn to do Readings with Natural Stones with Jewel Shelden • Dec. 8, 2-0 p.m. • Begin to use your intuitive gifts more fully, assisted by the picture stones. Easier ı cards! Easier than runes! Fee includes instruction and a set of picture stones. This is a que class designed to increase your use of psychic abilities. $35. Call 998-0604; ıeldon@hotmail.com.

> To forgive is to find again a lost possession.
> - Friedrich Schiller

hing with Master Wasentha Young through Peaceful Dragon School of Tai Chi Chuan l Chi Kung • Nov. 19, 6-8 p.m. • The I Ching is the root and foundation of all the philoso-es and traditional practices of the Chinese culture. It is a book of oracles that offer a npse into the dynamic energetic interaction and relationship between the cause and effect ur actions. The Stick method, which will be taught in class, is an ancient technique of ving at a reading. The time it takes to arrive at a reading using the method of "throwing" sticks aligns with the natural and organic time it takes to reflect on one's questions and the way to answers. $50. Call 741-0695; www.peacefuldragonschool.com.

heater

IPATHEATRE Monthly Performances • Doors open at 6:45 with show at 7:30 p.m. • PATHEATRE is Ann Arbor's professional improv group. They perform the Second Friday each month from October to May at Kerrytown Concert House. $20 reserved, $15 regular,) student/senior. Call 913-9733 or Kerrytown Concert House at 769-2999 or w.empatheathreimprov.org.
. 12: "Behind the Mask"
v. 9: "Homeless"
. 14: "I give and I give and I give"

aking Leave" by Nagle Jackson at Performance Network • Sept. 7-Oct. 7; Thursday, day and Saturday at 8 p.m., Sunday at 2 p.m. • Midwest professional premiere of this dern day King Lear with a comical twist. This transcendent comedy explores family and giveness through the eyes of a Shakespearean scholar struggling with Alzheimer's. $25 day and Saturday; $20 Thursday and Sunday (First Thursday preview you can pay what ı can). Call 663-0681; pnetwork@bizserve.com.

's All True" by Jason Sherman at Performance Network • Oct. 19-Nov. 18; Thursday, day and Saturday at 8 p.m., Sunday at 2 p.m. • Midwest professional premiere of the true ry chronicling Orson Welles, John Housman Cradle Will Rock scandal of 1937, using live sic and theatrical magic. This inspiring and humorous tale will have audiences singing and ering in the aisles! $25 Friday and Saturday; $20 Thursday and Sunday (First Thursday view you can pay what you can). Call 663-0681; pnetwork@bizserve.com.

op Kiss" by Diana Son at Performance Network • Nov. 30-Dec. 23; Thursday, Friday and urday at 8 p.m., Sunday at 2 p.m. • Midwest professional premiere of the play the *New k Times* called "enchantingly sincere". When two women meet and fall in love, their first s leads to disaster and a touching love story unfolds. A beautiful play about falling in love l the courage to become who you are. $25 Friday and Saturday; $20 Thursday and Sunday rst Thursday preview you can pay what you can). Call 663-0681; pnetwork@bizserve.com.

herapy & Support Groups

e Art of Thriving with Lisa C. Wolf • Tuesdays or Wednesdays, 6-8 p.m. • This process-ented therapy group is designed from women who are seeking to reclaim their lives, expe-ıce more pleasure, and do more than "survive". Discussion, emotional release work, and periential exercises are some of the treatment interventions used to guide clients on their ling journey. $40 per session. Call 930-0864.

ıchstone Group Support Program for Women Survivors of Sexual Assault and Child ual Abuse through Assault Crisis Center • Wednesdays starting Sept. 19, 6:30-9 p.m. two-phase program designed to help survivors of sexualized violence move from surviv- to thriving. Phase One is an information and discussion series that explores issues related sexual violence and its effects on survivors. Phase Two is a structured, facilitated support up which focuses on helping survivors overcome the effects of sexual violence and thrive their lives. $3 donation requested per session. Call Cathryn Antkowiak-Howard at 971-)6, from 9:00-5:00 p.m.

Creating the Life You Really Want with Kristin Blackburn • Wednesdays, Sept. 12-Dec. 5; 7-8:30 p.m. • A twelve-week supportive therapy group for women utilizing the nine principles from Sonia Choquette's workbook *Your Heart's Desire* in order to identify your personal and professional dreams, eliminate barriers, and create the life you really want. Group format will include weekly homework from the workbook, additional information provided by the therapist and group discussion. Limited to six. $30 per session plus $18 for workbook. Call 994-1531.

Women: Taking Control of Your Life with Laurie Krauth • Tuesdays, 7-8:30 p.m. • A challenging and supportive environment for examining the stuck places in your life, work and/or relationships, and making the changes that will make you happier and more fulfilled. $30 per session with most insurance accepted. Call 996-9111, ext. 234; lkrauth@mediaone.net.

Women's Circle of Sound for Recovery from Childhood Abuse and Trauma with Kathleen Moore • 15 weeks starting Sept. 10, Tuesdays or Wednesdays; 6:30-8:30 p.m. • This circle of sound is for women who grew up in dysfunctional families where sexual, alcoholic, verbal and/or other abusive or neglectful circumstances were experienced. The Circle of Sound is a conceptual framework in which people use voice, rhythm, melody, harmony and other life sounds to identify, explore, experience and express their feelings and thought. The series will be organized around the specific therapeutic goals and needs of those in the circle. All/no music backgrounds welcome. Voice and music serves all who have an interest and willingness to engage in the use of music and voice to heal. $60 per session. Call 668-8146; moorevoice@mediaone.net.

From Crisis to Wellness with Kathy Blough and Mark Blough • Starts week of Sept. 17 • A 6-month intensive psychotherapy program designed to decrease destructive, emotionally reactive behaviors and enhance self-awareness and healthy choices. This 3-part program includes weekly individual therapy, skills training group and group psychotherapy. $125 per week. Call 930-0864.

Serenity Retreat: 12-Step Spirituality for Every Addiction with Nancy Dossin through Weber Center • Oct. 26 at 7:30 p.m. through Oct. 28 at 1 p.m. • God softly calls to us in our own language. As a person comes to terms with personal addiction and develops a relationship with God, as you understand God, the awareness of addiction as a gift may yet be realized. Recovery from addiction is not a theory; it is a possibility. This retreat is for women in all 12-step programs. $110. Call 517-266-4000; fax 517-266-4004; www.op.org/adrian/weber.

Tibetan Studies

Introduction to Tibetan Language with Stephanie Piro of Flaming Jewel Dharma Center • Sept. 10, 17, 24, Oct. 1, 8, 15, 22; 7:30-9 p.m. • The class will cover the basics of beginning Tibetan language, focusing on reading and writing the alphabet and simple conversational dialogues and vocabulary. For cost, call 996-9114; steph@flamingjewel.org.

Wicca

Traditionalist Wicca Class with Kami at Crazy Wisdom Meeting Room • Second and Fourth Saturdays, class from 3-5 p.m. and ritual from 6-8 p.m. • Topics will include four elements, defining sacred space, comparative mythology, pagan ethics, ritual construction, divination and more. Class is taught at about a 200-level. Beginners are welcome and more experienced students will find new approaches to familiar material, with opportunity for discussion amid interested company. Open to all. Parental contact required for anyone under 18. For cost, call 761-1137; kami@cyberspace.org.

Wilderness Awareness

Stalking Awareness with Shawn M. Grose • Sept. 8, 9-2 p.m. • Students will learn three stalking methods and exercises that sharpen the five senses and quiet the mind. A discussion and demonstration of camouflage will allow the student to blend with the surroundings. $50. Call 528-9785; shawn_grose@msn.com.

Women's Health

Kegels Plus: A Monthly Pelvic Floor Exercises Class with Nancy Denenberg • Sept. 10, Oct. 1, Nov. 5 or Dec. 6; 7-9 p.m. • Kegels are especially helpful during the child-bearing year, and for issues and surgeries related to incontinence, sacro-iliac pain and lower back pain. This class will discuss the anatomy and physiology of the pelvic floor muscles and how best to exercise and relax them, in isolation and combined with other exercises. Participants will learn several strategies for doing Kegels and integrating the exercises into their daily habits. $20. Call 761-1514; nancyd@corsa-inst.com.

Womenspirit

Tantric Goddess: Empowering Women with the 10 Wisdom Goddesses with Sri Param Eswaran • Saturday, September 1, 2-5 p.m. at Crazy Wisdom • Empowering women through the knowledge of the Ten Wisdom Goddesses. A lecture and discussion with Tantric Master Sri Param Eswaran. Free. For more info, call Carol at Crazy Wisdom, 665-2757.

Grandmothers' Cave: Women's Mysteries with Bronwen Wildflower Gates • Sept. 16, 30, Oct. 7, 14, 28, Nov. 4, 11, 18, Dec. 9; 6:30-9:30 p.m. • Remember and reclaim the blood mysteries of being a woman, the gifts of birth and death. Learn to dance the rhythms of the Moon in your body, to listen to the Grandmothers, to work with plant as allies, as you cycle with the sun and the moon, and respond to the heartbeat of the earth and the song of the stars. Claim your indigenous self, your shaman self, the wild, wise woman who knows the mysteries. $30 per week includes light supper and materials. Call 734-424-2744; bronwild@aol.com.

The Crazy Wisdom Calendar

Womenspirit (continued)

Essence Point Women's Circle • Sept. 18, Oct. 16, Nov. 20, Dec. 18; 7:30 p.m. • Sharing group for women with interests in spirituality, relationships, empowerment, metaphysics, and healing. Bring any divining tools that you have for the group to try. A short silent or guided meditation will be part of this gathering. $2. Call Anita McKay at 741-0478; mckays@concentric.net.

Work & Right Livelihood

Spirituality at Play in the Workspace Part I of V: Small Business Model: Minding My Own Business in a Heartspace with James Dreyer • Sept. 20, 6-8 p.m. • A discussion for artists, craftsmen and small business owners who have an interest in bringing spirit to their workworld. The bottom line being the expression of the sacred within the realm of business relationships. Includes dinner buffet. $25 per session or $20 per session if registered for all five classes. Call Mary Jane Eicher of Intuitive Solutions at 975-1467.

Spirituality at Play in the Workspace Part II of V: Corporate Model: Are We Swimming as Sharks or Dolphins? with Thomas Egan • Sept. 27, 6-8 p.m. • A lighthearted exploration of a corporate world seeking balance between making a profit and listening to the heartbeat of a higher purpose in life. Can spirituality at play move us toward the triple bottom line of people, planet, profit? Includes dinner buffet. $25 per session or $20 per session if registered for all five classes. Call Mary Jane Eicher of Intuitive Solutions at 975-1467.

Spirituality at Play in the Workspace Part III of V: Small Business Model: Money as Love, The Healing Energy of Money with Betsy Adams • Oct. 4, 6-8 p.m. • We will explore the beliefs held about money and abundance in any form, how our attitudes around abundance influence our ability to surrender to opportunities or become the originator of unnecessary problems, as well as the healing energies of money. Includes dinner buffet. $25 per session or $20 per session if registered for all five classes. Call Mary Jane Eicher of Intuitive Solutions at 975-1467.

Spirituality at Play in the Workspace Part IV of V: Corporate Model: Boardroom Blues or Rainbows? with Susan Fancy • Oct. 18, 6-8 p.m. • Susan brings a humorous spin to management chaos. She shows how holding onto her own essence as a female can transform a workspace from a battleground to sacred grounding. Includes dinner buffet. $25 per session or $20 per session if registered for all five classes. Call Mary Jane Eicher of Intuitive Solutions at 975-1467.

Spirituality at Play in the Workspace Part V of V: Health Industry Model: Who's Healing the Healer? with Mary Jane Eicher • Oct. 25, 6-8 p.m. • A look and listen at health care through the eyes and ears of a medical intuitive. Do we reform our health care purse strings or tune up our heart strings? Mary Jane believes intelligent hearts are back in vogue! Includes dinner buffet. $25 per session or $20 per session if registered for all five classes. Call Mary Jane Eicher of Intuitive Solutions at 975-1467.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 11, 12-1:30 p.m.; Part II: Sept. 18, 12-1:30 p.m. • Begin to identify your unique career dream and action steps to create it in your life. $20 per session. Call 668-2733.

GET INTUIT! The Business Side of Intuition with Shala Kilmer • Four Mondays starting Sept. 10, 7-9 p.m. • Intuition training in the workplace for increased productivity and profits. Bring your questions. You will be given easy tools to answer them. $200. Call 248-258-8287; kilmers@hotmail.com or www.intuitionpath.com.

Career Counseling and Journal Writing with Horses (or Without) and Nature with Phyllis Perry • Once per week for 6 weeks • Explore career options and lifestyle choices through an easy journal writing process. Option to write in nature amongst horses. Holistic, natural approach to career and lifestyle counseling. $25 per session. For dates, call 973-0003.

Prosperity: Opening to Flow with Jill Blixt • Oct. 21, 10-4 p.m. • Prosperity - we read about it, dream about it and even map out strategies to attain it, but it often eludes us. Come spend a day opening to the flow - through collage, writing and creative imagery. Learn some ways to step out of the struggle into a nurturing partnership with the universe. $90 includes lunch and all materials. Call 665-4577.

Writing & Poetry

Poetry Reading in the Tea Room • Every Wednesday from 7:00 to 9:30 p.m., in the Crazy Wisdom Tea Room • Weekly poetry reading- everyone welcome to read or listen - with monthly featured reader. September 19: A Puppet Show - Two musicals. October 17: Featured Poet - Nathaniel Scott, founder of **Act Three**. November 21: a celebration of student poetry, including poetry by Seveviano Martinez, Amelia Gailunas and John Lamb. Sign-ups start at 6:30 p.m. Free. For more info, call Tressa or Amelia at the Tea Room, 665-9468.

The Circle of Poetry with Diane Henningfeld through Weber Center • Sept. 27, Oct. 4, 18, 25; 7-9 p.m. • We all have encountered poems that leave us breathless on first reading, and then stay in our hearts. In her book, How to Read a Poem and Start a Poetry Circle, Molly Peacock calls these poems talismans and she offers a way to read them deeply, preserving both the mystery and clarity at the heart of all good poetry. By reading this book, we will learn to approach poetry intuitively, passionately and with understanding. $10 per session. Call 517-266-4000; fax 517-266-4004; www.op.org/adrian/weber.

Writing Yourself Home with Jill Blixt • Nine Mondays starting Sept. 24; 6:30-9:45 • We thirst for the deepest part of ourselves. That still, small voice that holds our truth, dreams and gifts. Writing practice can quench that thirst. It can reveal the complexity of our selves. It can bring us home to our selves. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. Come build your writing practice. $30 per week includes dinner and supplies. Call 665-4577.

Zen and American Poetry with Reverend Nonin Chowaney through Zen Buddhist Temple • Nov. 17 • Poetry with Rev. Nonin Chowaney, poet, Zen Master and Abbot of the Order of Prairie Wind. For more information, call 761-6520.

Yoga

Yoga Class through Zen Buddhist Temple of Ann Arbor • Six Tuesdays beginning Sept. 11 and Oct. 30, 7:30-9 p.m. • Beginning and experienced students in the classes learn traditional postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization and combines that experience with her meditation training. Classes fill quickly. $50 for six sessions. Call 761-6520.

Yoga, Relaxation and Power Breathing Workshop through Zen Buddhist Temple • Nov. 3, 9:30-Noon • Based on a 5-step approach for becoming fully aware of the purpose of human life: relaxation of one's body-mind, peace of mind and happiness, life is breath, mindful breathing in awareness, and awareness is awakening in this moment in life. Traditional postures used. $60 includes vegetarian lunch. Call 761-6520.

Power Yoga, Kundalini Yoga and Gentle Yoga Classes with Christy DeBurton • Ongoing morning and evening sessions • For complete information, call 761-8409; cdeburton@hotmail.com.

Energy Flow Yoga Workshop with Christy DeBurton through Dance Gallery Studio • Nov. 17, 1-2:30 p.m. • A purifying, total body workout for yoga enthusiasts. This class is a blend of kundalini yoga, which warms and invigorates the body, and power yoga, which strengthens muscles and increases flexibility. $15. Call 747-8885; dancegallerystudio@ameritech.net.

Yoga and Meditation Evening with Robin Butler through Essence Point • Nov. 15, 7:30 p.m. • In traditional meditation practices, hatha yoga or stretching precedes an extended meditation period. We will do 45 minutes of hatha yoga. After a break, we will continue with a lightly guided meditation and finish with a silent meditation. No experience necessary. You will stretch according to your level. Bring a yoga mat, towel or blanket to put on the carpeted floor. $10. Call 741-0478; essencepoint@hotmail.com.

Yoga Day with Ema Stefanova • Sept. 30, 9:30-4:30 • Re and recharge in a positive and meditative yoga environm doing traditional yoga postures with the emphasis on bre awareness and relaxation. Total beginners welcome. Orga macrobiotic lunch included. $105 with early registration c count offered. Call 665-7801; www.yogaadmeditation.com emastefanova@cs.com.

Inward Bound Yoga Program • Many yoga classes offe through Inward Bound Yoga with a variety of instructors. I complete brochure, call 327-4963; kingcm@dmci.net members.aol.com.ibyoga.

Level I, Level I-II and Level III Hatha Yoga classes with Cat King, Lynette Smith, Martha Laatsch and Dennis Yog Various dates and times.

Wake-up Yoga with Barb Linderman • Wednesdays or F days, 7:30-8:30 a.m. • Call 971-8562; gfl@umich.edu.

Postures to Sacred Music with Barb Linderman • Wedn days 7:30-8:30 a.m., Thursdays 4:15-5:15 and 5:30-7: p.m. • Call 971-8562; gfl@umich.edu.

Sun and Moon Yoga with Cathy King • Mondays 4:30-5: p.m. • Call 517-592-8017; kingcm@dmci.net.

Deep Stretch with Cathy King • Wednesdays 4:30-5:3 Call 517-592-8017; kingcm@dmci.net.

Kripalu Yoga with Dottie Coyne • Tuesdays 9:30-11 a.m. a Thursdays 10-11:30 a.m. • Call 930-0192; bernidot@aol.co

Prenatal and Postnatal Yoga with Marlene McGrath • Pr natal: Fridays, 9-10:30 a.m.; Postnatal: Fridays, 10:45-12: p.m. • Call 930-1970; marmamalia@yahoo.com

Yoga for Kids with Barbara Brookens-Harvey • Tuesda 3:15-4:15 • Call 994-6130; billbarbmo@aol.com.

Gentle Flow with Lynette Smith • Tuesdays 4:30-5:30 • C 995-0741; lynettes@umich.edu.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.n Mondays 6-8:30 p.m.; Wednesdays at 6 p.m.; Tuesda Wednesday, Thursday 7-8:15 a.m.; Tuesday, Wednesda Thursday 8:30-9:45 a.m. • Mixed level excellent for begi ners. These classes are designed for students to develo total fitness - meaning not only a healthy body but also em tional stability, stress management, and heightened men awareness. For costs, call 665-780 www.yogaadmeditation.com or emastefanova@cs.com.

Satsang: Yoga and Meditation with Ema Stefanova • Su days, 6:30 p.m. • Question and answer sessions to help y understand yoga and meditation better and improve yo personal practice. Suitable for yoga students, teachers a all others interested. Ongoing with drop-ins welcome. C 665-7801; www.yogaadmeditation.com emastefanova@cs.com.

Yoga Nidra: The Art of Relaxation with Ema Stefanova TBA • Yoga nidra is a systematic method of inducing com plete physical, mental and emotional relaxation. The term yog nidra is derived from two Sanskrit words, yoga meaning unic or one-pointed awareness and nidra meaning sleep. One ap pears to be asleep, but the consciousness is functioning at deeper level of awareness. Yoga nidra is often referred to a psychic sleep or deep relaxation with inner awareness. In th threshold state between sleep and wakefulness, contact wit the subconscious and unconscious dimensions occur spon taneously. Call 665-7801; www.yogaadmeditation.com emastefanova@cs.com.

Center for Yoga 5th Annual Autumn Weekend Yoga Retre with Jonny Kest, Seane Corn and other presenters • Oc 18-21 • Relax, refresh, renew old friendships and create ne ones as you retreat yourself at the beautiful Garland Resort i Lewiston. Enjoy yoga, workshops, vegetarian food and rec reation and golf options. For cost, call 248-386-9642 c www.centerforyoga.net.

Yoga for Partners with Suzanne Willets Brooks • Monday Sept. 17-Dec. 3; 6-7:30 p.m. • Explore asana with a partner friend. We will use the postures and play to create a space fo compassion, vulnerability and creativity. Bring a sense o humor and a willingness to open to the unknown. $100 pe person or $150 per couple. Call 528-074 brooksjer@provide.net.

Yoga: Moving from the Inside Out with Suzanne Willet Brooks • Sept. 18 and 21 or Dec. 4 and 7; Tuesdays 10:3 Noon, Fridays 1-2:30 • Personal exploration of everyda aches and pains in the focus. This is more of an individua ized yoga class studying asana in a noncompulsory styl Bring a sticky mat and other props as well as a sense o humor. $8-$10 sliding scale per class or $90-$110 for 12-wee session. Call 734-482-2607; brooksjer@provide.net.

Teachers, Lecturers, Workshop Leaders, and the Centers

aron "was a Buddhism monk and scholar in previous life-
nes. In his final lifetime, he was a Vipassana meditation
aster in the Theravadin tradition. Five books of Aaron's
achings have been published.

etsy Adams has had 25 years experience working with
ildlife and companion animals. She has thirty years of
ackground in the biological sciences, and she's an energy
orker and homeopath.

eanne Adwani has been involved with the Tarot since 1971.
he began professional readings in England in 1982.

lizabeth Alberda brings the spiritual realm into focus
rough 20 years teaching writing and literature, 25 years of
xperience in bioenergetics, Mystery school with Jean Hous-
n, and Shamanic training in soul retrieval. She has an MA
Literature from Syracuse University.

r. Clifford Alford is a Master Herbalist. He blends a tradi-
onal educational background with experience in the Native
merican Cherokee medicine tradition. He is familiar with
hristian, Jewish, esoteric and native philosophies.

ane Anderson is co-founder of the Ann Arbor Institute of
lassage Therapy, and founder of the Ann Arbor Therapeu-
c Massage Clinic. Since 1984, she has had training and
rivate practice experience in massage therapy, lymphatic
rainage and craniosacral therapy.

lichael Andes is an experienced therapist and group
ader. He brings a spiritual and ceremonial orientation to
s work, along with several practical "tools" for change.

nn Arbor Authentic Movement Group is a member facili-
ted group of dancers who come together to practice Au-
entic Movement. The common roots of its members are
the study and practice of Contemplative Dance.

nn Arbor Institute of Massage Therapy's instructors are
embers of the American Massage Therapy Association
d are certified by the National Certification Board for Thera-
eutic Massage and Bodywork. Their range of experience
aries from 3 years to 18 years.

rts in Motion Dance Studio opened in January, 2001, and
ffers a non-competitive environment in which to explore
e moving arts.

strology Study Group is an informal and friendly gather-
g of serious astrology students who use their association
r networking, engaging speakers, book recommendations,
nd astro-babbling (cheerfully chatting about astrology).

orie Ausel, MSW, CSW is a nutritionist, hypnotherapist
nd hypnotherapist. She is the Director of the Gentle
trength Counseling and Holistic Center in Brighton.

hita Austin, CMT is a Certified Rolfer. She has been in
rivate practice as a Rolfer for twelve years and a bodyworker
r 14 years. She is a senior practitioner and trainer of 17
ears in the exercise rehabilitation techniques of Joseph
ilates.

eland Austin, MA is a Certified Advanced Rolfer, and has
racticed Rolfing in San Francisco and Ann Arbor for 16
ears. He has also studied craniosacral therapy.

arliesa Back is a traditionally trained Reiki Master, and
ituitive. She works as an animal communicator and teaches
nimal communication.

ev. Sandra Baum, C.Ht. had her first vision at the age of
vo, and "from that age has been in tune with forces beyond
e physical". She was certified in Hypnotherapy in 1983,
nd is working toward a Ph.D. in Clinical Hypnosis. She
as studied Toltec Philosophy for 30 years.

eanne Bednar is an educator in the area of Art and also in
e area of Sustainable Futures. He is also an illustrator
nd an expert in Natural Building Methods.

avid Bell is the minister of the Interfaith Center for Spiritual
rowth, and a student of the *Course in Miracles* since 1986.

arbara Billey is a registered dietician, dance artist, holis-
c educator, and doctoral candidate in Counseling. She is a
igong practitioner, and she is a founder of the Wellness
oalition of Windsor and Essex County.

ristin Blackburn, MSW, CSW is a psychotherapist who
ecializes in working with women regarding relationship,
e transition, and family of origin issues, including child-
od abuse and neglect.

Jill Blixt is a creativity and life coach, motivational speaker and working writer/artist. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Kathy Blough, MA, LLP is a psychotherapist in private practice. She works with individuals and groups, and has 12 years of training and experience in treating depression, bipolar disorders, suicidal and borderline clients.

Mark Blough, MA, LLP is a psychotherapist in private practice. He works with groups, couples, families and individuals who suffer from depression, anxiety, panic, trauma, and other issues effecting personal growth.

John Bodary, MA is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy.

Eileen Bond, ACSW is a licensed clinical social worker, with over 25 years experience working with children, adolescents and adults. She utilizes a mind/body approach for health and healing.

Judith Bonini, ihm is an experienced spiritual and retreat director. She invites people to enter more deeply into the mystery of God as revealed in their lives. She brings a background of parish work, hospital chaplaincy and overseas ministry.

Linda L. Brake lives and practices Gem and Color Therapy in Dayton, Ohio. She has studied with Dr. Mahesh Chauhan, who is a Gem Therapist practicing this ancient art in India. While in India, she studied other healing modalities and holds a certificate in Pranic Healing.

Michael Bratcher, NCTMB combines energy work with therapeutic massage. The modalities that he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan is a midwife and health educator with over 18 years of experience working with pregnant women and their families. She is the Executive Director of The Holistic Midwifery Institute.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks is an independent choreographer, artist, artistic director of *Meaning In Motion*, and the creator of the Riverside Drum & Dance Studio. Her background includes a degree in dance and education from EMU, certification in many modalities of bodywork, and 15 years of dance and yoga training.

Les Brown is a well-known motivational speaker and author. He is known to television audiences because of his PBS specials. He authored *Live Your Dreams.*

Robin Butler studies natural healing methods which include yoga, homeopathy, Reiki, nutrition and metaphysics.

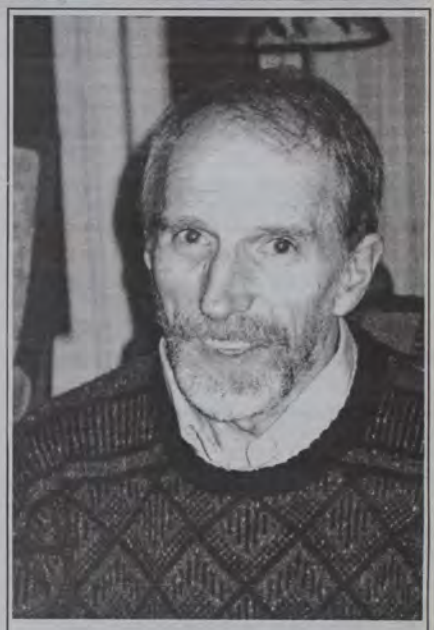
John Cardwell has studied the works of A.H. Almaas for ten years, and worked with a private Diamond Heart teacher for three years. He is an experienced therapist and group leader.

Victoria Cendrowski, M.Ed. has 30 years of teaching experience, and 20 years experience teaching Prenatal Exercise. She works to provide pregnant women with knowledge and support.

Deepak Chopra, MD is one of the best known teachers in the world in the field of mind/body medicine. His books include: *Perfect Health; Ageless Body,* Timeless Mind; *Quantum Healing; Return of the Rishi;* and *Creating Health.*

Lee Cole is a licensed psychologist, minister, and healer/shaman. Besides his training as a psychologist, Cole has trained at the De Nali Institute in Alaska in Rune knowledge and lore.

Priscilla Costello is a teacher, writer and counseling astrologer, based in Toronto. She has been instrumental in the organization of Canadian astrology. She is founder of the New Alexandria, a center for religious, spiritual and esoteric studies.



Local psychic and thinker Tom Thomas died in July while rock climbing in Colorado. His quiet intelligence and grace will be missed by those who knew him.

Phil Cousineau is the author of *The Art of Pilgrimage: Making Travel Sacred,* and *Soul Moments.* He is an author, teacher, adventure-travel leader, editor, photographer and documentary filmmaker. A protégé of Joseph Campbell, he lectures frequently on topics from creativity, mythology, and film to soul, writing and travel. His new book is *Once and Future Myths: The Power of Ancient Stories in Modern Times.*

Tom Cowan is a shamanic practitioner specializing in Celtic visionary and healing techniques. He is also a teacher, lecturer and author of several books, including *Fire in the Head: Shamanism and the Celtic Spirit,* and *Shamanism as a Spiritual Practice for Everyday Life.*

Evie Craig, IHM is an experienced campus minister and spiritual director who believes in holistic approaches that reclaim the wisdom of the body.

Judy Crookes recently moved from New Jersey. Since 1996, she had been channeling Jacob in New York City and New Jersey. She has been channeling since 1986, and "on the path" for over 30 years.

Leigh Daniels has been a student and teacher of Magic in the tradition of Dion Fortune for over 30 years. He was the owner of, and astrologer for, Ladder Books in Ann Arbor. He is a founding member of the Grail Lodge, a ritual group started in 1988.

Bob Dargel, ACSW has 20 years experience providing counseling and growth coaching. He is "down-to-earth, practical, philosophical and interactive".

Christy DeBurton is a registered Yoga Alliance teacher who has been teaching in the Ann Arbor area for the past 3 years.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Nancy Denenberg, MPT maintains a private practice in holistic physical therapy, with a special interest in women's health. A Certified *Feldenkrais* Practitioner, she has been teaching *Awareness through Movement* classes since 1985.

Kirk Dennis is a certified Diamond Heart teacher, having been involved for 17 years. He has studied with Krishnamurti and Da Free John, among others.

Teachers, Lecturers, Workshop Leaders and the Centers

Eileen Dickinson has been a certified Trager® Practitioner for three years. She has been a physical therapist since 1975.

Nancy Dossin lives a 12-step spiritual life, and is enriched by her work of companioning others as they find their true spirit. She is a Clinical Psychologist in private practice.

Jim Dreyer is an artisan and craftsman who has owned a small business in fine woodworking for 30 years. He has studied the healing arts and spiritual development, including Reiki, Iridology and Intuitive Counseling.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She has also lived with chronic illness for 18 years.

Ryan Edwards returned in April from a second trip to Africa. He has studied in Guinea, Boston, NYC, Michigan and at the Berklee College of Music. He has studied balafon under various Malinke and Susu teachers.

Tom Egan, M.Ed. in Counseling, lives in Ann Arbor and works as an engineer. He does Holistic Health Counseling, has taught in the public schools, and is a Reiki practitioner.

Mary Jane Eicher, MPH is an intuitive healer with 25 years of experience in the medical and public health fields. She has taught health courses at EMU and the University of Wisconsin. She is the Executive Director of *Intuitive Solutions*, a consulting firm which supports spiritual infusion into corporate, medical and political systems.

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. A co-owner of Crazy Wisdom Bookstore for a brief stint, Jonathan now has a full-time practice in Ann Arbor as a spiritual director. A raconteur and gray-haired man about town, he can often be spotted sipping tea at the new Crazy Wisdom Tea Room.

Empatheatre is a professional improvisational theatre group which performs monthly in Ann Arbor. The performers are able to enact situations that the audience submits on 3 X 5 cards. Empatheatre provides an evening of lively, funny and evocative performances.

Mateyo Empie, the Medicine Woman, has been studying metaphysical disciplines in Peru, India, the United States, and elsewhere, for over 30 years. She has practiced the Radhasoami meditational tradition of northern India, and European-based shamanism, for over 20 years, and has received the High Rites of the Q'ero in Peru. She is a certified polarity therapist, healer, ordained minister, and leader of vision quests.

Nadine Epstein is a well-known writer and artist, and her stories and artwork have been published in *The New York Times Magazine*, *The Washington Post*, *Ms.*, and *Smithsonian*. She has co-authored two books with Rosita Arvigo, *Sastun*, and the just published *Rainforest Home Remedies: The Maya Way to Heal Your Body and Replenish Your Soul*.

Essence Point Spiritual Center is a non-profit spiritual network dedicated to supporting inner joy, and was created from like-minded individuals who met as a result of being connected with John Friedlander's work in some way. The network offers the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Sri Param Eswaran, a Tamil from Ceylon, has shared his teachings with thousands of people over a quarter of a century. He is a Tantric Master with over 25 years of healing and teaching.

Diane Evans is a retired public school teacher. Specializing in the areas of interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling since 1995. Currently, she maintains a private practice, does intuitive/psychic readings in the Crazy Wisdom Tea Room, and works part-time at Crazy Wisdom Bookstore.

Susan Fancy has worked in the healing arts for 9 years. Her background includes flower essences, hands-on and energetic healing, past-life regression, herbal therapies, Reiki., and photojournalism. She has also worked for 10 years in the automotive industry as a mechanical engineer.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Sandy Finkel, MPH is co-founder of Jewel Heart Buddhist Center, and has over 20 years experience integrating Buddhist principles into daily life. She is the owner of Inroads, a human potential consulting practice that teaches life skills to individuals and businesses.

Lori Fithian brings a broad range of musical experience to her classes, workshops and "Drummunity Circles", empowering people and building community through the drum.

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development, in Whitmore Lake. She is Gurudev Chitrabhanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book, *The Psychology of Enlightenment*. She is a counselor, teacher and lecturer and has taught over 2,000 students to meditate.

Jan Forrest is a nutritional columnist and author *of Coming Home to Ourselves* and *Awakening the Spirit Within*. She is Senior Editor of the *Healing Garden Journal*, a magazine based in Michigan.

John Friedlander is an internationally recognized psychic, author and teacher, with degrees from Duke University and Harvard Law School. He has studied with Jane Roberts in her Seth class, and at the Berkeley Psychic Institute with founder Lewis Bostwick. His latest book is *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*, and it is available at Crazy Wisdom.

Maureen Frisbe is a Registered Polarity Practitioner. She is a long-time exercise trainer with a practice in Plymouth.

Melanie Fuscaldo, LPC, NCC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help clients increase their happiness in current or future careers through attention to body, mind and spirit.

Sally Gabany is a wife, mother and grandmother, and an experienced spiritual director. She believes that there are many pathways to spirituality. Seeing all creation as threads, connections in the fabric of life, she believes in affirming the pathway of each unique individual.

Dawn Gaden has a Masters Degree in Counseling from Oakland University. She leads collage workshops, and does individual and group therapy.

Bronwen Gates, PhD is a healer and mystic who combines the discipline and knowledge from her formal training in Biology with her intuitive gifts as a shaman and spiritual midwife. She has a practice as a holistic health practitioner and spiritual therapist. She also makes available her own flower essences.

Evie Gauthier is a licensed psychologist in Michigan with over 25 years' experience, including 13 years on the staff of Counseling Services at the University of Michigan. She is also a student of Western spiritual traditions, an initiated Priestess, and a creator and teacher of rituals and ceremonies. She is interviewed in this issue of *The Crazy Wisdom Calendar*.

Rimpoche Gehlek (formerly known as Gelek Rinpoche) is the spiritual director and founder of Jewel Heart. He was carefully tutored by Tibet's greatest living masters, and he is a member of the last generation of lamas to be born and fully educated in Tibet. Gelek Rinpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society, and his skill as a teacher of Buddhism in the West. He is now an American citizen.

Nanci Rose Gerler is a professional intuitive counselor using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Rabbi Elliot Ginsburg is a practitioner and scholar of Jewish Mysticism. He is an associate professor of Judaic Studies at the University of Michigan, and he received rabbinic ordination from Rabbi Zalman Schacter-Shalomi.

Jacob Glass is a writer and speaker. He produces his own local TV programs in Santa Barbara and Los Angeles.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Karen Gottschalk is a Masters level psychotherapist who works with couples and individuals seeking to enrich their intimate relationships. She has a private practice in Ann Arbor.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Robin Graubarth offers movement-centered services that focus on Authentic Movement, transpersonal psychology, and other healing arts, in private practice and with groups. She has studied, trained, practiced and facilitated programs in Authentic Movement for 6 years.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in ballroom dance, Reiki, T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Shawn Grose has spent 8 years learning wilderness survival, tracking and awareness from Tom Brown Jr. and Jon Young. He has just opened up the *Earth and Sky School* with the intention of using primitive living skills to reconnect people with nature.

Rabbi Yehuda Grundman is on the staff at the Kabbalah Centre in Chicago, Illinois.

Joan Hagen has been facilitating workshops for 5 years. She is also a Reiki practitioner.

Andrew Harvey is an internationally known author and mystic. He is the author of *Hidden Journey*, *Journey to Ladakh*, *Return of the Mother*, *Essential Gay Mystics*, and *Mystic Vision*, among other titles.

Barbara Harvey has over 20 years of experience in crafts and quilting. She has also taught several classes in quilting, crafts, and basic sewing.

Craig Harvey has been involved in world healing meditations for many years, and individual/group energy work for two years.

Diane Henningfeld, PhD is a writer and professor at Adrian College where she teaches classes in literature and writing. She loves to share poetry with others.

Manuela Hejna holds a certificate in alternative animal medicine from Alternative Tier Medizin Institute in Hamburg, Germany, which is her native country. She has been trained in the Tellington Touch, and she is a Reiki Master.

Rob Hejna has 30 years experience as a professional drummer. He has participated as a drum team member for 6 Sundances. He has been an apprentice in Shamanic Medicine since 1985.

erra Hillebrand, CPM is a midwife who has been attending births in the Ann Arbor area since 1997. She has had the privilege of attending births in home, birth center and hospital settings. She is also an infant massage instructor and the mother of two children.

lison Hine is involved with the Diamond Heart School, and is a life long student of spiritual and psychological work.

rry S. Hobbs, DC is a chiropractor based in Canton. His clinic, Michigan Specific Chiropractic, specializes in working with the Central Nervous System, and he is a certified "brain stem specialist". He lectures on a variety of health topics in the community.

an Houston is one of the planet's most visionary thinkers. She is an internationally known philosopher, teacher, author, cultural historian, and leader in the human potential movement. She is the author of *The Possible Human, Search for the Beloved, Life Force*, and *Mythic Life*, among other titles.

n Hughes has been quilting since 1989. She believes that "piece work and soul work go hand in hand, that both are creative acts of the individual spirit".

obert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He has been practicing and teaching Qi Gung and Reiki since 1997.

ward Bound *consists of* ***Barbara Brookens-Harvey, Dottie oyne, Cathy King, Martha Laatsch, Barbara Linderman, arlene McGrath, Lynette Smith, Jonathan Tyman, and ennis Vogt.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. ***Barbara Linderman*** is the program director of Inward Bound.

dward Jackson has two decades of experience with shiatsu massage and with yoga. He has also trained in karate for 30 years, and in Qi-Gong for 10 years.

arol Jacobs was involved in a Native American drumming circle for four years. When that circle dissolved a year ago, she was drawn to start a new circle.

ewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Rimpoche Yeshek. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

ulie Tallard Johnson is a psychotherapist and mentor of teens and young adults. She has written four books for teens, including her new book, *The Thundering Years: Rituals and Sacred Wisdom for Teens*. Her next book to be published is called *I Ching for Teenagers*. She lives in Spring Green, Wisconsin, with her partner and their daughter.

arol Karr has been a student of magic on an eclectic path for 20 years. ***Heather Karr***, her daughter, is following her mother in tradition.

arty Keck is an experienced spiritual/retreat director. He has been trained as a bereavement volunteer for a local hospice organization. As an Adjunct Assistant Professor for Madonna University, he facilitates the course: *Life and Death Issues*.

sther Kennedy is on the staff at Weber Center. She believes that we spring forth from a dancing God and that rhythm, movement and dance bring us alive and ground our commitments.

aren Kerns, RPP is a skilled and experienced bodyworker, massage therapist and Polarity Therapist. She has done extensive work in the area of craniosacral energy.

-tsal Khandro is an ordained yogini in the Nyingma lineage of Tibetan Tantric Buddhism. She is also a bodycentered therapist. Combining these two modalities, she offers individual and group work for deepening one's connection to wisdom, joy and compassion.

hala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life.

arole Kirby, ACSW has 23 years experience as a therapist and inspirational teacher. She is a certified Imago therapist/coach and workshop presenter of Getting the Love You Want Couples Weekends. She appreciates diversity and gives workshops for heterosexual couples, for Lesbians and Gays, and for single individuals.

Doris Klein, CSA is a member of the Congregation of the Sisters of St. Agnes. Since 1989, she has ministered as a full-time artist and lecturer. Reproductions of her watercolor paintings have been published in cards and prints as well as in various books and periodicals. Her most recent work, *Journey of the Soul*, is now in its third printing.

Leigh Ann Knope has walked in the 'Green World' since she was a young girl in Michigan, "integrating the teachings of nature with my core being". A yoga instructor, and social justice activist, her herbal teachings are based on her belief that "global social change is possible through the collective deepening of our personal relationships with the earth".

Rob Koliner, DC practices Bio-Geometric Integration in Ann Arbor. Dr. Koliner graduated with honors from Sherman College of Straight Chiropractic. After studying Network Spinal Analysis for 6 years with its founder, Dr. Donald Epstein, Koliner currently studies with Dr. Sue Brown, who has expanded upon the Network model.

Christine Komarck, CMT has been a massage therapist for 1½ years. She is studying Natural Medicine in a program at the Blue Heron Academy in Grand Rapids.

Arlene Kosmatka is an Adrian Dominican Sister involved in the ministries of spiritual direction and retreat work. She holds a Masters in Theology and Spirituality from Sacred Heart Seminary. She is committed to introducing 20th century mystics to persons willing to pursue this call in their own lives.

Laurie Krauth, MA, LLP is a psychotherapist, journalist and mother. She specializes in women's issues, couples and sex therapy, and runs groups for women, lesbian couples and people with anxiety. She is supervised by Zona Scheiner, PhD.

Richard Lang is Co-ordinator of The Shellund Trust, a United Kingdom charitable organization whose purpose is to share the path of seeing. He co-led Douglas Harding's workshops for several years, and has led many meditation retreats, including vipassana retreats. He includes movement and chanting in his work.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Jeanne Mackey, MSW, ACSW is an ecotherapist and performing musician (vocals, guitar, mandolin, tiple). A longtime community builder, she draws on European, Chinese and Native American earth-based traditions.

Madhavi Marcia Mai studied Bharatanatyam dance at the Kalakshetra College of Fine Arts, in India. She has been celebrating spirit in motion, performing and teaching since 1984.

Jan Mansfield has been a practicing astrologer for 12 years, and in the healing field for 15 years. She sees astrology as a tool for transformation – signposts along the way for people, helping people through cycles in their own inner journey.

Randy Marteins has practiced and taught Qi Gong for 6 years, under the direction of Dr. Xiyong.

Dawn McClain is a member of the EarthWalk Wisdom Council and is an apprentice of EarthWalk Minister, Lorraine Weber. Her ministry consists of sharing the lessons she is learning along the way, and using her own life as an example to help others.

Diane McCormick, MD is an emergency medicine physician who has studied various types of complimentary medicine for 10 years. Her practice focuses on the nutritional, spiritual and emotional aspects of health.

James McDonald has been studying herbs for over 7 years, blending elements of indigenous, western folk, eclectic and intuitive traditions into his practice of herbcraft. He has studied with Mathew Wood, Stephen Bruhner, and Rosemary Gladstar, and he has been an "ardent student of the most learned teachers of herbcraft...the plants themselves".

Marlene McGrath has studied yoga for 10 years, and has been teaching for 4 years. She continued her practice through her pregnancy and after giving birth, and she now shares her knowledge in prenatal and postnatal classes.

Anita McKay, trained in fine arts and healing, has spent recent years developing an already strong intuition into a reliable clairvoyance. She combines her skills as a psychic and an artist to create spirit guide drawings *or* as a psychic and healer to do personal energy work.

Kevin Meisel is a Masters level psychotherapist who works with individuals, couples and families. His special interests include working with couples to empower and enrich their relationships. He has a private practice in Canton.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a business manager and teacher of fashion and interior design.

Roberto Mejia has been making contemporary mesoamerican drums and rattles for 4 years. He has studied art since junior high school. Over the past 15 years, he has been traveling a healing path where color, sound, and vibration have become major allies.

Michigan Mushroom Hunters Club is dedicated to having fun while learning to identify wild mushrooms, including how to identify medicinal as well as poisonous ones. All ages are welcome, but you must like a good hike in the woods.

Majida Sylvia Middlebrooks and ***Siddiq John Middlebrooks*** have been students of the Sufi path of the heart since 1983, and have taught the Dances of Universal Peace for the past 10 years. Siddiq John is a recognized teacher in the Sufi Islamia Ruhaniat esoteric school in the tradition of Murshid Samuel L. Lewis and Hazrat Inayat Khan.

Jim Miller, a clergyman and spiritual director, has made his living for over a decade as a photographer, writer, video producer, and public speaker. He has authored 18 books and 17 videotapes in the areas of loss and grief, transition, caregiving, hope, and spirituality. His most recent photographic work includes landscapes from Ireland and Italy and the cathedrals of England.

Maggie Miller is a graduate of the Ann Arbor Institute of Massage Therapy and has completed the teaching program. She is a member of the AMTA, and certified by the NCBTMB.

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan; in San Francisco under Master Adam Hsu; in Beijing under Dr. Xie Peiqi. He established the Great Lakes Wushu in 1992.

Kathy Moore is a board certified music therapist, voice teacher, vocalist, and musician. She has more than 15 years of experience singing, teaching and counseling.

Elmo Morales has been a certified physical education teacher for 30 years. He is the Director of the Bodies in Balance Fitness Studio. He is a certified Spinning® Instructor. ***Susan Morales*** is a psychotherapist and certified Spinning® Instructor.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

Mary Morrissey is the author of *Building Your Field of Dreams*. Her new book is *No Less Than Greatness*.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

Lucinda Orwoll, PhD, LLP is a Licensed Clinical Psychologist who combines transpersonal and traditional approaches to therapy. She uses clinical hypnosis, meditation, and energy anatomy to help raise consciousness and facilitate healing.

Glenn Paillthorp is a healer from the spiritualist tradition. A former hypnotherapist and NLP practitioner, he has trained with spiritualists and shamans to develop his clairvoyant and healing abilities. Previously known as a hermit yogi, he has been seen coming out of his cave for an occasional espresso in broad daylight.

Performance Network is Ann Arbor's only professional theatre. This year it is celebrating its 20th anniversary, its 5th anniversary as a Professional Theatre, and its first anniversary in its new downtown location.

Phyllis Perry, MSW, MFA is a clinical social worker and writer. She founded New Options Counseling for Women in 1989. Listed in the best-selling career manual, *What Color Is Your Parachute*, she specializes in careers, education, relocation, and creative arts.

Larry Peters, PhD is a licensed psychotherapist, scholar and initiated shaman in the Tibetan tradition. He holds advanced degrees in both Anthropology and Psychology, and has conducted ethnographic fieldwork with shamans in Nepal, China, Mongolia and Siberia. He is a professor of Anthropology and Psychology at the California Graduate Institute of Professional Psychology and Psychoanalysis.

Teachers, Lecturers, Workshop Leaders, and the Centers

Stephanie Piro is a student of the Flaming Jewel Dharma Center under the direction of the resident lamas, A'dzom Rinpoche and Traktung Rinpoche. She has studied extensively through the Tibetan Language Institute and various American programs, as well as overseas in Nepal.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden*. Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Rabbi Esther M. Rand attended Leo Baeck Rabbinic Seminary in England, interned with Temple Beth Or Reconstructionist in Miami, and received Smicha (ordination) from P'nai Or Rabbinic Seminary and from Rabbi Zalman Schacter-Shalomi. She studied privately with a Kabbalist for over a decade, as well as with spiritual leaders and shamans of many traditions and pathways for over two decades.

Neil E. Rand, Ph.D. earned his doctorate in psychology and has spent 29 years assisting individuals and groups in aligning themselves in their spiritual and personal lives. His methods are derived from years of study and practice in a number of esoteric and traditional disciplines. He is currently working to bring people together in Spiritual Community.

Robert Ranger, MA, CCH is founder and director of the Institute of Transformational Hypnotherapy. He has conducted workshops nationally on hypnosis and the applications of hypnotherapy. He has over 25 years of training and practice in natural healing disciplines, including hypnosis, yoga, therapeutic touch, esoteric healing, visualization and meditation.

Richenda "Ricki" Reeves was certified a Masters Level Astrologer after a two year intensive study program with Noel Tyl. She has lectured at various astrology schools and conferences, and her first book, *The Quindecile*, was released by Llewellyn Publications in March, 2001.

Jesse Richards has been teaching private singing lessons, and workshops in music and dance, for the last 20 years. She is a member of the National Association of Teachers of Singing. She is currently the artistic director of Hundredth Monkey, previously the director of Sister Earth.

A'dzom Rinpoche is an American born ordained Ngakma of the Nyingma lineage of Tibetan Buddhism, who has been recognized as an incarnation of two major Tibetan yoginis. The Tibetan yogi Namkha Rinpoche, whose family holds a precious Buddha Tara lineage, has said of her: "To me she is none other than Tara herself."

Gelek Rinpoche (see Rimpoche Gehlek)

Traktung Rinpoche is a lineage holder of the Nyingma tradition, the oldest school of Tibetan Buddhism, and incarnation of the great Mahasiddha Do Khyentse Yeshe Dorje. He is an American born Tantric master with both Western and Tibetan students. Currently, Traktung Rinpoche is founding a nunnery in Nepal for 22 Tibetan nuns in exile, who have been placed under his care.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 15 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain.

Scott Runyon is a graduate of the Ann Arbor Institute of Massage Therapy, and has been an instructor since completing its teaching program. He has given lectures within this region about the benefits of therapeutic massage, and the opportunities within the field of massage therapy.

Merilynne Rush and ***Mickey Sperlich*** are Ann Arbor midwives who have been practicing together since 1993. They attend 45-50 home births per year. Their office and meeting space are at the Midwifery Arts Center, where several other midwifery-related businesses are located.

Renee Rutz, RPP has a background in massage, Polarity Therapy and Craniosacral therapy. She is co-founder of Complete Chiropractic and Massage.

Linda Sayer, DC is co-owner of the multidisciplinary clinic, CCMT. She is a chiropractic physician who works towards the integration of the chemical, structural and spiritual/emotion of the individual. Applied Kinesiology, nutritional counseling and mind-body medicine are used in her practice. She is currently developing and writing about Spiritual Anatomy.

Darren Schmidt, DC, ND is a holistic doctor in Ann Arbor. He uses nutrition, vitamins, chiropractic, herbs, homeopathy, and energy techniques to improve the health of clients.

Peggy Schmidt, IHM is an experienced spiritual and retreat director who appreciates the richness of various spiritual journeys. She is committed to holistic spirituality which includes feminist, cosmic and justice perspectives.

Jewel Shelden is a professional psychic and hypnotherapist. She teaches classes on various metaphysical and occult subjects, and does conscious channeling for private clients and groups.

Shining Lakes Grove is the Ann Arbor branch of Ár nDraíocht Féin: A Druid Fellowship (ADF). "We are bringing the philosophies of ADF to life at the grassroots level and introducing our Pagan beliefs to the mainstream."

Frederic Sibley has a Master's Degree in creative writing. He has a decade of experience as a professional astrologer, and over 30 years' study of the stars.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Deborah Sipos-Roe is the Director of Community High School's Dance Department.

Helen Slomovits is a flutist and songwriter with two CD's of original songs and instrumentals. Besides her work in music, she facilitates *Artist's Way* and other creativity groups.

Laszlo Slomovits is an award-winning folk musician and songwriter for both children and adults. He plays fiddle, guitar, mandolin, pennywhistle, and Native American flute.

Judy Slowik, IHM is a musician, and has experience in leading drumming circles.

Richard Smoot has 28 years of astrological study, counseling and teaching experience. He is a Professional Member of the American Federation of Astrologers.

Solane is a student of Gangaji and Eli-Jaxon Bear, in the tradition of Ramana Maharshi.

David Spangler is a well-known author. His most important book was *Reimagination of the World*, and he is also the author of *The Call*; *Parent As Mystic, Mystic As Parent*; and *Everyday Miracles*. His new book is *Blessing: The Art and the Practice*.

Peter Sparling is Artistic Director of the Peter Sparling Dance Company, and is a professor of Dance at the U of M.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience, as well as training with yoga masters.

Patricia St. Louis is an artist, spiritual director, and former psychiatric nurse. She is also a Qigong practitioner, and a founder of the Wellness Coalition of Windsor and Essex County.

Todd Stockwell and ***Sandra Stockwell*** are both Initiated Teachers in the Brotherhood/Sisterhood of Light and intuitive healers, and they are married to each other. He is also an art therapist. They have been authorized to teach by the Triolite Foundation.

Judy Stone, CN, MSW is a certified nutritionist who specializes in wellness nutrition. She is also the publisher of Eater's Digest, an online newsletter at www.nutritionmagician.net. In addition to personal consultations, she also provides corporate wellness programs and training for health professionals in nutrition based healing.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is also certified with the NCBTMB.

Andrew Taylor has been living, teaching and creating *The Artist's Way* for six years. He is a childcare worker/teacher. His interests include creative writing and making beaded jewelry.

Thunder Strikes is a Twisted Hairs Elder and contemporary shaman who shares teachings from the Sweet Medicine Sun Dance tradition. He has a diverse background in traditional ceremonial medicine, comparative religions and martial arts.

Tsogyel-gar, formerly named Crazy Cloud Hermitage, is the center of the Flaming Jewel community of practitioners of the Nyingma tradition of Tibetan Buddhism. The Nyingma tradition is the oldest and original lineage of Tantra in Tibet and is unique in its Sangha of ordained non-monastic Ngakpa, or 'mantra wielding', practitioners.

Robin VanDoren, DEd has led the wheel throughout the U.S. and Canada. She has directed a school for shapeshifters, and offered numerous journeys to India and Indonesia.

Colette van Praag is a photographer, collage artist, and a creator of ritual. She has studied Indian temple dance, Jungian psychology, film, and expressive arts therapy. She uses creative expression as a path to awareness and healing.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting that encompasses a barn-chapel and library, retreat houses and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer.

Mary F. Vogen, BSN has been a Reiki Master and meditation practitioner for 4 years. She has been a registered nurse for 16 years.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups and is a Level II EMDR therapist.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice.

Jeanie Wayker has been a student of the 4th Way for more than 21 years.

Penny Weaver, PsyS, MA practices the new psychology of integration of mind, body and spirit. She is an LLP (Limited License Psychologist) psychotherapist, hypnotist, Reiki Master and teacher of meditation and Reiki.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Lou Weir has been involved in the Diamond Heart School for three years, and is a life long student of psychological and spiritual work.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 21 years of experience in the healing arts including 14 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past seven years. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

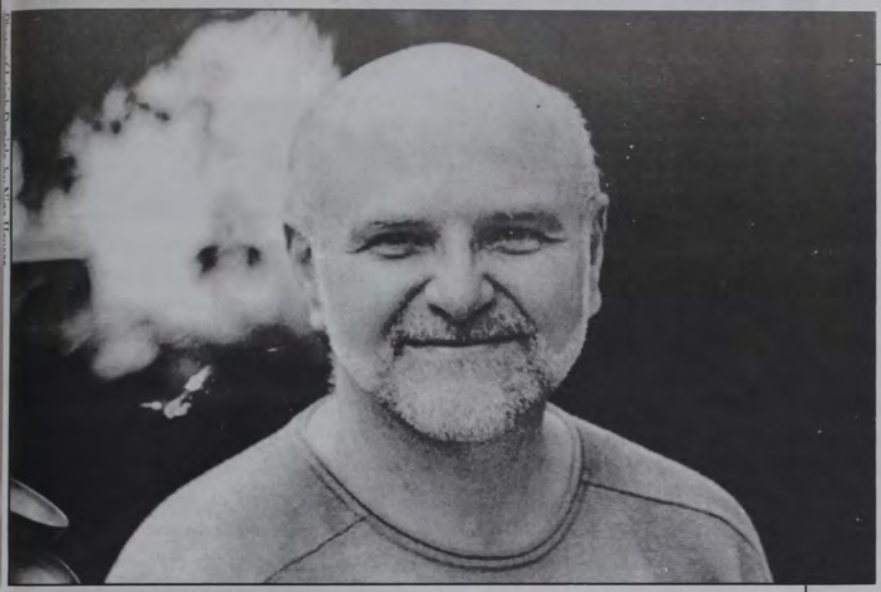
Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. In addition to her work as a therapist, Lisa is a Pathwork helper, a musician, and a mother.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field. She is also a board member of the Association of Women Martial Arts Instructors, and is a mentor for other instructors in her field.

Karlta Zarley, RN, BS has 20 years of experience in the U.S. in preventative holistic nursing care, and 8 years experience as an interfaith spiritual mentor. She has been in private practice for 3 years in the Ann Arbor area, teaching and working with individuals using her Energy Assessment System, and Healing Touch energy work.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Haju Sunim***, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

The Crazy Wisdom Interview ~ Evie Gauthier and Leigh Daniels on Ritual and Ceremony for Spiritual Development



This Crazy Wisdom interview features married couple Evie Gauthier and Leigh Daniels, who have focused much of their lives for many years on the study and practice of spiritual ritual and ceremony. Their work combines Evie's training in psychology and spirituality with Leigh's background in the Western esoteric traditions. Their local homestead is the base for the Grail Lodge, a committed ceremonial group that meets there regularly.

Photography by Linda Lawson and Nina Hauser

Interview by Jonathan Ellis

When Aura Glaser was still operating Crazy Wisdom Bookstore at its original location on Ann Street, I asked her to recommend a book. She suggested two novels by Dion Fortune, Sea Priestess and its sequel Moon Magic. They are now among my favorites and I reread both books regularly. This led me to Dion Fortune's other works of fiction and non-fiction, and those of related authors. They are books about the use of ritual magic and ceremony for spiritual development, the focus of this Crazy Wisdom Calendar interview with Evie Gautier and Leigh Daniels.

Crazy Wisdom has been a center of alternative culture in Ann Arbor for almost 20 years now. So it's not surprising that Evie and Leigh, like a number of the folks we interview, have some direct connection to the store.

Leigh Daniels describes how his own Ann Arbor bookstore, Ladder Books, was linked to Aura Glaser's founding of Crazy Wisdom in 1982. Aura sold Crazy Wisdom to Bill Zirinsky and me in 1989. (I only had the role of co-owner for a short time, although it seemed much longer.)

Leigh was working a few Crazy Wisdom counter shifts in 1989 and Evie Gauthier would often come in. I remember one day in particular when Leigh was finishing a shift and I was about to come on duty. I hung up from a phone call and then proceeded to do a celebratory leap in the air.

Evie and Leigh looked at me inquiringly and I explained that someone had just asked me to go on a date later that evening. To which Evie sagely replied: "I guess we never do leave high school."

When Evie, Leigh and I met for this interview recently, it occurred to me that such truths endure. The heart continues to spring; only the height of the leap changes as one grows older.

I could see that leap in both their eyes as Evie and Leigh spoke here about their spiritual work and their lives together.

Jonathan Ellis: I want to begin modestly and ask what you think the purpose of life is? (all laugh)

Leigh Daniels: I guess I have to agree with His Holiness the Dalai Lama and say I think the purpose of life is for us to be happy.

Evie Gauthier: I was just thinking that today we are having such a glorious day, so the experience of joy is what it's all about. And I also believe that through that process of joy and happiness, there is an evolution for humanity, and I suspect for a larger context as well, toward something even more joyful.

Leigh Daniels: I think as our understanding of ourselves expands, what that means to be happy will also expand. There's probably stuff about us that we can't even conceive of now that eventually we'll experience as joyful.

Photo of Evie Gauthier by Linda Lawson

Evie Gauthier: Well I want to jump in because 25 years ago, I was asked to write an article on the idea of the pursuit of pleasure as opposed to the pursuit of happiness. In my understanding, happiness is the quality of experiencing moment to moment being in alignment with the creator. Pleasure is more specific. Pleasure, as we've come to think of it, has a lot to do with sensory stimulation and the gratification of specific appetites. I don't think that those are necessarily in opposition to happiness, but they need to be secondary to that sense of centeredness and alignment in order to contribute to happiness. Otherwise they can contribute to unhappiness, I believe.

Leigh Daniels: Everybody needs to have pleasure in their lives because I think that's how we're biochemically wired, to experience that. I think that helps us be happy. And I think there are levels of pleasure: There's physical pleasure; there's emotional pleasure; there's a kind of mental pleasure; and I think a spiritual pleasure. When we're really happy, we're capable of experiencing pleasure on all those levels, sometimes simultaneously, sometimes not simultaneously.

Jonathan Ellis: Both of you have used the word *spiritual* and my next question is, how do you use that word? In your understanding, what does it mean for something to be spiritual?

Leigh Daniels: I guess I think of it as having to do with meaning. Spiritual is essentially a word I use for meaning and meaning that provides a larger framework of understanding who we are and why we're here and where we're going. In that sense, it's a very broad definition and covers a whole lot.

I think it was Gareth Knight who said that you can make, he may not have been the first one to say it, but you can make an irrational choice between either having faith or not having faith. I would paraphrase that to say you can make an irrational choice either to look at the world as a spiritual environment or as not a spiritual environment. I think it's a completely irrational choice. By choosing to look at it as a spiritual environment, I find it much more rich and satisfying than if it's not. Until we can scientifically know one way or the other, I would much prefer to act as if it is a spiritual place because it's certainly more rich and fun and enjoyable.

Evie Gauthier: I have a really specific definition that I've come up with, that I developed when I worked with college students at the University of Michigan: I think of spiritual as one of the inner drives of being human. I think we're hard-wired for it, and so I usually use an analogy of spirituality as similar to sexuality, in that it is an in-born human drive and potential.

I believe that we start experiencing that spiritual drive very, very young, as we do sexuality. The drive itself is toward understanding the larger meaning and context in which we find ourselves. And it seems that every single culture in the world, that we know of, has developed stories or answers to questions such as who's in charge, how did we get here, where do we go when we die, etc.

Spirituality is that inherent drive in us that asks those questions, just as we have a sexual drive. Each culture creates cultural institutions to respond to our sexual drive, like marriage. But it's not the only place where sexuality occurs.

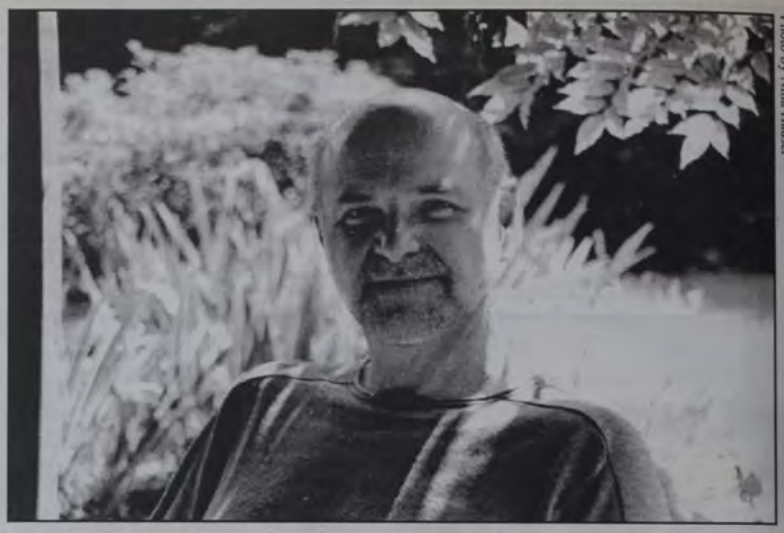


Photo by Nina Hauser

Likewise, there are religious institutions that have been created to answer the spiritual drive. But spiritual longings, questions and practices occur outside these institutions as well.

Jonathan Ellis: Evie, I know that in the past you have worked both with individuals and with groups in different ways, and I'm curious about the kind of work you do now. What part of it is with individuals one-on-one, and what part is with groups, and how has that changed over time?

Evie Gauthier: I used to be a psychotherapist primarily, a psychologist by training, and I worked both with individuals and with groups as a therapist. What I have done recently, in the last eight years I would say, is evolve into more of a focus on spirituality and psychology together.

The closest thing I do that looks like therapy is that I offer individuals what I call centering sessions, which probably look a lot like a therapy session, although they tend to be longer. I like to work with somebody for at least 2 hours, sometimes between 2 and 3 hours, so that we can go deeper.

They're freestanding sessions in which we try to look at what's going on in the person's life from the perspective of the soul. If we take as a premise that there's an evolutionary learning purpose to what the person is experiencing in his or her life, then rather than seeing what's happening as a problem that needs solving or changing or even skill-building, we look at what might this be meaning and what the learning is in it.

I don't mean to sound like that doesn't happen in traditional psychotherapy, but usually the people I work with have had a lot of therapy or personal growth background and so they have those tools very easily available to them. They're able to look at themselves and know their personality strengths and weaknesses so that we can really go deep about purpose and meaning in one's life.

I also meet with individuals to work on ritual consultation. I do a lot of training in ritual and ceremony and I also offer that as a private consultation. Right now I'm working with a couple developing their wedding. I've worked with people developing specific rituals or ceremonies for themselves - for personal growth purposes, transitions, and rites of passage.

I do some group work, usually with my friend and colleague Nakeesha Haelen, who currently is living in Taos, New Mexico. She and I have offered over the years women's workshops, where we combine breath work and sacred circle work. A number of these have been in the Yucatan area of Mexico. Others have been here in Michigan. We don't have any planned right now, but we probably will continue that work in the next couple of years. And that's usually either a three-day or a five- or six-day event.

Jonathan Ellis: Is that what's referred to as "Enritual"?

Evie Gauthier: No, that's a different endeavor. Enritual is the thing that I am most excited about right now. I teach people in workshop settings about how ritual and ceremony work; why I believe it psychologically is effective; the basic elements of it; and then help them to find their own intentions and develop a program for themselves. People have used this workshop to do everything from creating a ceremony to let go of a family pet, to couples who are using it to create rituals where they can come back together and really encounter each other at a deeper level.

Enritual is my made-up word for the idea of enriching one's life through ritual. So Enritual is my educational and writing and research focus right now.

Jonathan Ellis: What is the "Ceremony of the Consecrated Womb" that your literature describes?

EG: It's a separate function because I actually do it with a team of women. It again incorporates my interests in personal growth, psychology and ritual. A group of women over the years have developed this ritual, or ceremony. Let me first give you my distinction between the two.

I talk about *ceremony* as structured events that are intended to happen once or very occasionally in a person's

"I talk about *ceremony* as structured events that are intended to happen once or very occasionally in a person's life. Part of the power of a ceremony is that it only happens rarely. A wedding, for instance, I would classify as a ceremony. *Rituals* are those things which we develop that we want to do on a repetitive basis to center us, or remind us of things. They gather their strength from their built-up and repetitive nature." -Evie Gauthier

life. Part of the power of a ceremony is that it only happens rarely. A wedding, for instance, I would classify as a ceremony. *Rituals* are those things which we develop that we want to do on a repetitive basis to center us, or remind us of things. They gather their strength from their built-up and repetitive nature.

JE: That's a very useful distinction.

EG: People tend to use the terms interchangeably. So the Consecrated Womb I actually call a ceremony, although we don't object if a woman wants to experience it more than one time. This actually evolved out of a ceremony that a teacher of ours developed many years ago called the Re-Consecration of the Womb. That was by Dolores Ascroft-Nowicki and she's published that ceremony in her book *Daughters of Eve*.

Photo by Linda Lawson

We worked with that ceremony for a while. The purpose was for women who had experienced some kind of assault on their womb area, whether it was rape or even surgery. The womb is a sacred space because it's the chalice for the formation of life. If it's desecrated it needs to be re-consecrated as any sacred space would be. We did that ceremony for a number of years.

Then with a team of other women in this area, I did the primary rewrite on what we now call the Ceremony of the Consecrated Womb. It does not presume that the womb has been desecrated. It's intended to recommit the woman to a sense of sacredness about her whole self, with the womb center really as the symbolic and literal center of creativity.

We offer this as a community service to the women in the community and we've been doing it about four times a year. Each time we actually consecrate anywhere from four to seven women at each event, though other women often attend to be part of the circle and support those who are being consecrated.

JE: Is there a focus on women's spirituality in your own work?

EG: A lot of my spiritual development earlier in my adulthood was around feminist spirituality and wiccan and neopagan work in groups of women. I think that I am one of those women who has really gone through all of those phases that the culture has offered in my lifetime of reclaiming spiritual authority, reclaiming spiritual validity as a woman. I continue to enjoy working with groups of women because I think there is a kind of understanding that I have more easily of the female experience.

However, I also believe (and using myself as an example) that one of the real challenges now is for women to really get over this idea that we're somehow inherently superior to men and to begin to come back and join with men in a more productive way. I'm old enough that my feminism had a kind of anti-man quality around the edges of it and I'm really working to get over that. Being married to Leigh helps a lot.

JE: We'll be talking a little bit later about the work that you do together with Leigh. How do you understand the things that you do independently, and the things that you do with your partner?

EG: Well, I want to say that I feel very blessed, and I really believe that Leigh and I were brought together. It's all about that happiness/joy thing again. When I met Leigh, he very much expanded my awareness of some of the older, deeper spiritual traditions. So what I do independently of him comes out of my training as a psychologist. That would include some of my group work, which includes a lot of personal growth and the therapeutic edge to it, and the feminist quality of it of course.

My own scholarship is probably more in the direction of how psychology informs what we understand about the nature of spiritual phenomena in human beings. Where Leigh and I overlap is, I believe, where our own spiritual practices grow together, and we do group work together. I see Leigh as more a scholar of the spiritual traditions. We're both fascinated by what each other knows that we don't know. Leigh is very intrigued with anything that I can bring to the table that has a psychological insight to it and I'm always struck by the depth of his knowledge base about the Western spiritual traditions.

JE: You mention coming together with Leigh and becoming a partner with him. Would you talk about where you were born and grew up and how you came to be in Ann Arbor and to meet Leigh.

EG: You're absolutely right, I came to Ann Arbor to meet Leigh. (all laugh) I was born in Salinas, California at the very end of the war, that's the Second World War. Most of my childhood and adolescence was in Seattle, Washington. Then I went to college at Occidental College in Los Angeles and majored in psychology and immediately went from undergrad to graduate school at Ohio State, which is my first experience of coming to the Midwest. That was a pretty intense time, the late 1960s. It had been very interesting being in California, in Los Angeles and San Francisco, in the 1960s and then to come to Ohio was quite a change. So I attended Ohio State and got my Ph.D. in counseling psychology.

I didn't actually get my Ph.D. until 1975. I got my master's and then I did an internship year in Toronto working at a psychiatric hospital. Then I worked at Columbus State Psychiatric Hospital and later at the Ohio State Counseling Center for a couple of years while I was working on my dissertation. Once I finished my degree, my goal was to get back to the West Coast because that's where I'd grown up. So my goal was to take any job that would move me west. So my first jump was from Ohio to Kansas State, where I worked in the mental health clinic for a year.

JE: Headed west. (laughter)

EG: I got one more job, moving west from Kansas to Denver, where I worked at a Catholic school, Regis College. Director of Human Development was my title.

I came to Ann Arbor in 1978. While I was on the job market trying to move west from Colorado, I instead got this great job offer at the University of Michigan. It was too good to pass up. So I came to the U-M in 1978 to work at Counseling Services in the Michigan Union.

JE: This is a counseling service for students at the U-M?

EG: Yes, it's open to any enrolled student. We also were a training center, so we had graduate students interns from the psychology, social work, and psychiatric nursing departments.

It was a fabulous job for me because I got to work with college students, primarily short-term counseling and therapy - a lot of evaluation, referrals and group work. For the first 10 years or so that I worked here, I was the director of 76-GUIDE, which at the time was the 24-hour phone service. It was a crisis intervention unit. So I enjoyed that a lot. I did a lot of outreach and workshops.

JE: As I recall, and tell me if I'm at all right about this, 76-GUIDE was at that time the number you could call for anything. If you were thinking about suicide, or if you just wanted to know what was playing at the movies, you would call the same number.

EG: That was the original mission statement and the phrase was, "Any question, any time." That was the 76-GUIDE advertising slogan. I think during my tenure there were fewer and fewer of the "What's playing at the movies?" calls. The Campus Information Center was formed sometime during that time, I think in the early 1980s, and so that took over that kind of function about basic information.

76-GUIDE was then primarily focused on counseling and crisis intervention. And staffed by peers; it was all student run. I was basically the director in terms of hiring, supervising and providing consultation, and everybody on the professional staff served as back-up consultants. Every night, overnight, someone on staff was on call. But the students were the ones who actually answered the phone and handled 99.9% of the things that came in. So that was a lot of fun. And I did that through about 1987.

We did have one year where we took a sabbatical. What year was that?

Leigh Daniels: That was 1986. I think it was 1986 because it was Haley's Comet year.

EG: Leigh was offered a job working with a famous astrologer on Cape Cod. We talked about it briefly, decided to go as an adventure, and I was able to take a leave of absence from

The Crazy Wisdom Interview (continued)

U of M. So we spent that year, from September to September, on Cape Cod.

Leigh did astrological work and I worked as a clerk part-time in a health food store, did a lot of arts and crafts, and sold things at local craft shows. I eventually got licensed as a psychologist there and did some psychotherapy the last six months.

When we returned to Ann Arbor, I went to part-time at the U of M and had a private practice downtown in addition. After about two more years, Leigh's family had some investments that allowed both of us to quit working our day jobs. So at that point I stopped working at the University and eventually closed my private practice as well.

I was very interested in doing a lot of traveling at that time, and having ongoing clinical responsibilities for clients was something that I eventually wanted to stop. Since then I've really enjoyed the work I've been doing in the centering sessions, because it's freestanding work and I don't have that ongoing clinical responsibility.

JE: Just so we have a picture, how much of your current focus of service is done yourself and how much of your work now is done together with Leigh?

EG: I would say that the activities in which Leigh and I are engaged together are primarily our own personal practice - with meditating together or with a group. But in terms of my work, my service work, I would say that 90% of it is separate from Leigh.

JE: Leigh, where did you grow up?

LD: I was born in Atlanta and lived there until I was 3, and then I lived in Miami. I moved to Michigan when I was about 10. I went to high school in Washington, D.C., and then I came back to Michigan. I went to Boston University for a year and I didn't like it and didn't do well, so I came back to Michigan and just kind of worked for a year. And then I moved up to Ann Arbor because I had a friend who was living here and have basically been in Ann Arbor since 1973.

JE: Tell me about Ladder Books and how you started that.

LD: Well, how did I start Ladder Books? I've always liked books. I've always been a great reader. I would always carry books around when I was a kid and read. I've always been interested in science a lot and have always read science books. I would just carry books around, read books a lot and then when I started becoming interested in spiritual things, I of course became interested in spiritual books.

And so I would buy a lot of spiritual books. At one point I had this idea that it would be really fun to have a spiritual bookstore and so that's how Ladder Books came about. I was really at that point quite interested in alchemy. The name Ladder Books comes from the carving that's at the entrance to the Notre Dame Cathedral in Paris, which shows a woman seated on a throne with a ladder between her legs. It's emblematic of that graduated state of the spiritual development path, how you go up the ladder step by step, that evolutionary development path again. So that's how I got the name.

JE: Where was Ladder Books?

LD: It was on Liberty Street, across from Seva restaurant in the basement under Vahan's clothing store. It's where I think the Bead Gallery is now.

JE: How long was it there?

LD: It was there for two years. Since I didn't know a lot about business and it's hard to make money in the book business, it didn't go, and after two years I closed it. I think the first year the economy was doing well, so it didn't matter so much that I wasn't very experienced in business. But I think it was the next year, 1980, that it was not so good, so then it really showed up my lack of understanding about how to manage inventory and that kind of thing. I learned too little, too late how to run a business well and successfully.

So it wasn't a success financially, but it was a wonderful experience in connecting with the community. I had wonderful customers. It really connected me to a larger group of people in Ann Arbor, which was really enriching for me. And I believe it was probably helpful to them. I tried to run it as a kind of resource place, where people could always get good information, that we wouldn't try to sell people on any one thing, but we would try to be representative of all paths as much as we could and try to point people if we knew a place for them that they would find what they needed, point them in that direction, that kind of thing. So service has always been an important part of what I do and Ladder Books was no exception.

"I also believe (and using myself as an example) that one of the real challenges now is for women to really get over this idea that we're somehow inherently superior to men and to begin to come back and join with men in a more productive way." - Evie Gauthier

JE: There's some connection between Ladder Books and Crazy Wisdom Bookstore.

LD: There is. After I closed Ladder Books, I received a phone call one day from Aura Glaser saying, "I want to open a bookstore and I understand that you had one, and I want to talk to you." So we got together and talked, and she ended up buying the leftover books I had from Ladder Books as the starting inventory for Crazy Wisdom, when it was in a little place on Ann Street. And so, that's why it's wonderful for me to be involved in the *Crazy Wisdom Calendar* now, just having been part of the beginning of the store in some small way. It was really wonderful to get to know Aura and we're still great friends.

JE: Part of the impetus for this interview is the series of talks that you've been giving, and that Evie has been attending, at the Crazy Wisdom meeting room. I'm wondering where you find yourself at this point in your life in terms of reaching out to people and connecting and sharing what you've learned over all these years since Ladder Books closed.

LD: In the last six or seven, maybe eight years, I hadn't been doing any public talking or workshops at all. Last fall it seemed like the time was right for me personally to be talking more about what I know about magical work and ritual and those sorts of things. I was in Crazy Wisdom and Bill Zirinsky (who owns the store now with Ruth Schekter, his wife) said, "What would you think of doing some talks? It'd be great if you could do some talks." It was really wonderful to be part of the new, fabulous Crazy Wisdom in its new location.

JE: Tell me about how you became interested in magic and ritual.

LD: I guess the whimsical start would be when I was six or seven and would do stage magic shows with my brother in the garage for people in the neighborhood. But I think the real start for me was my mother had a book called *Tarot of the*

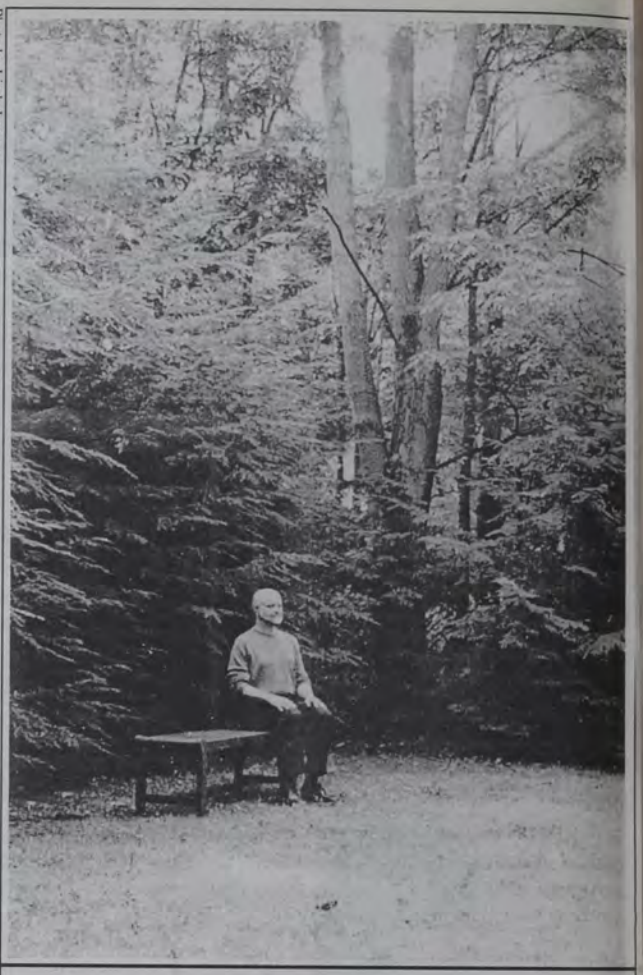


Photo by Linda Lawson

Leigh Daniels in his meditation garden.

Bohemians by Papus. Some people may know that book; I think it's still around.

In that book he talks about the Tetragrammaton, which is the four-letter name of God from the Hebrew tradition. It's a Greek word that means four-letter name.

So I was reading this book and he talked about that word, the Tetragrammaton, and if you said it the right way it would destroy the universe. As a seventh grader, I thought, "What fun. I bet I can destroy the universe." So I spent a week off and on in my room trying to say it the right way to destroy the universe.

JE: Did you succeed? (all laugh)

LD: Well, whether I succeeded or not, I don't know. If the parallel universe theory is true, then perhaps I did it in another universe and we'll never know.

JE: So where did you go from universe destroying? (more laughter)

LD: My interest in the Tarot waned for a few years and then when I was in high school in Washington, D.C., between my ninth and tenth grade years, I was working at a day camp, helping teach kids to do film making. There was a guy there who knew a lot about the Tarot and we were talking about that. He had the deck and had some books, and so I started learning about the Tarot and thought, "Oh, I can do readings."

I started with definitely mixed motivation for doing readings, because I think the conscious motivation was, "Oh, this is a really cool thing" and all that. The sort of deeper motivation was, "Well now I can find out about people and it puts me kind of in a one-up position." I think we all have mixed motives in our spiritual progress and I'm certainly no exception, and that was certainly one for me in the beginning. But the Tarot was the place that I started.

JE: Say more, if you will, about what you mean by, we all have mixed motives. How do you understand that? Do we have what one could call an ego motive and a soul motive? How do you understand the way they interact? Is one stronger than the other or do they both operate sort of independently?

LD: I think that because we're humans at this particular stage of evolution, we have to work with imperfect personalities. Those imperfect personalities have their own motivations distinct from the deeper motivations that come from the soul and the spirit. And so what we have is a kind of constant back and forth of the personality and the soul.

I think that the goal is to have a balanced personality that's very raw, meaning it has a wide range of experience and knowledge; and it 's strong, meaning that it's emotionally resilient and expressive. I think part of where we, as a species, are going is toward expressing more completely in the physical world the deeper spiritual meanings and parts of ourselves. The vehicle I think is the personality, because that's what we use to interact with the physical world and with the others in our species and other species in the world.

We need to have a very strong personality to be able to bring through those deeper, more powerful spiritual energies into the world. Initially when we start on this path, the influence of the soul I think is very small. It begins to move us in a certain direction and we get curious. Like, for example, me with the Tarot cards. Where do those cards come from? What are they about? While still allowing room for these personality motivations of, "Oh, I don't feel so good about myself, so maybe if I know more about this stuff I can sort of have some power here from getting information about people," "People will like me," and all of that kind of thing. And that's the start. That kept me involved.

Then I think over time as I followed the practice of the Western path, the soul influence gradually increased and balanced out more the personality influence. And I won't say that I'm perfect and have no personality motivation for things because I do, and probably will at least until I die and probably after. But, I think the trend has been for me to gradually have the soul influence come to dominate more and more so that I try to work more from that perspective rather than the personality perspective.

The expression of that, I think, is to try to be as inclusive as possible and I think as loving as possible. Someone said to me, "Open your heart wider than you thought possible," and I think that really captures the whole thrust of that influence of the soul on a personality. It opens the personality to be more inclusive of everything in the world.

> "So I was reading this book and he talked about that word, the Tetragrammaton, and if you said it the right way it would destroy the universe. As a seventh grader, I thought, 'What fun. I bet I can destroy the universe.' So I spent a week off and on in my room trying to say it the right way to destroy the universe. "
>
> -Leigh Daniels

JE: How did you begin the serious study of ritual magic?

LD: It started with the Tarot when I was in high school and I think it was the book by Paul Case called *The Tarot.* I got that book and was reading it and in the back of the book was a diagram of the Qabalistic Tree of Life. As soon as I saw that, I thought, "Wow. I really want to know as much as I can about that." Something resonated for me when I saw that diagram. So I found that book and the diagram. I then started to buy books about the Qabalah. This was in probably 1969, 1970 in there that I first starting reading about the Qabalah and the Tarot.

The people that were writing then primarily about the Qabalah were Dion Fortune with her *Mystical Qabalah,* and Israel Regardie with his books *The Tree of Life* and *Garden of Pomegranates* and *The Middle Pillar* and his book on the Golden Dawn. Those were pretty much the main books that were available.

There were books by Eliphas Levi from France that were translations, but they were less practically useful than some of those other books. There were a few books by Aleister Crowley and they were of mixed usefulness practically. Stuff was not clearly laid out, at least for me. But they were pretty much what was available about ritual.

So I got interested at that point; this was when I was living in Washington, D.C. For some reason there was not a metaphysical bookstore in Washington, D.C. at that time, but there was a great one called The Aquarian Age in Baltimore, which was about a 45-minute drive.

I used to go over to Baltimore a lot to go to the Aquarian Age bookstore. And one time I was in there and I was buying some books by Israel Regardie, I think, and someone asked me if I'd heard about the Helios course on ritual magic. At that point I hadn't and it didn't do anything for me. So I said no and that was it.

Then a year or so later, when I was back in Michigan, one of my brother's friends had been to England with his high school class and had brought back a book list from the Helios Book Service in England. I was looking at it and it was a metaphysical book list, and I noticed in the back that there was this little brochure for the Helios course on the mystical Qabalah.

When I read the description I said, "That's what I want to do." It was originally started by Gareth Knight, who then after about six or eight months of writing it had to do some other things. It was a correspondence course and the writing was taken over by W.E. Butler. The two of them knew each other from the Dion Fortune's Society of the Inner Light because they were both members of that group. That's where I started my training. It was based on the Qabalah. There was not really any ritual training, but the meditation work based on the Qabalah was excellent training for ritual.

JE: This was a correspondence course? How did it work?

LD: They would mail out a couple lessons and you'd keep a journal of your meditation work. At the end of one lesson, you would send a copy of your journal to your supervisor and then start on the next lesson right away so there would be time for the supervisor to respond and you wouldn't lose your momentum. Then they would send back comments on your work. That was the format. And it was a very successful and effective format.

JE: I know you also have been connected with Dolores Ascroft-Nowicki's ritual work. How did you become involved with her?

LD: Well, I was taking the Helios course and at some point, I don't remember the year, it became separate from the book service and became the Servants of the Light and they were the ones that were administering the course. W.E. Butler started out as the director for the Helios course, then after the Servants of the Light, he retired as the director, and Dolores Ascroft-Nowicki became the director. And it's through the transition into the Servants of the Light that I got to know her. I first met her in 1975 when I went to England.

JE: Tell us about the group called the Servants of the Light.

LD: It was started, as I said, by Gareth Knight and W.E. Butler with the purpose of providing magical training to people who couldn't be part of a group through physical limitations, like they weren't in an area where there were groups. I'm 49 and so people who are my age will remember, if they were interested in this stuff at an earlier age, that there weren't any groups doing this that were public. There weren't many books available about magic or ritual in those days, so it was hard to find any kind of training.

So this was, I thought, a very successful way of providing training. It was written, as I said, by two people from the Dion Fortune's Society of the Inner Light. For those who are not familiar with Dion Fortune's work, I personally think she's an excellent writer and has influenced the Western magical tradition immensely. A lot of the wisdom from her organization, I think, came through those two men into the Servants of the Light course.

JE: Would you just give us a quick run-down of the lineage of these various groups, the Society of the Inner Light and these others?

LD: As most ritual groups do in the Western world today, it traces its origin back to the Hermetic Order of the Golden Dawn at the turn of the 19th to 20th centuries. Dion Fortune received training in the Golden Dawn and left and started her own organization, which she called the Society of the Inner Light, based in London. They also had a center in Glastonbury, England. They, I think, were influenced by the Golden Dawn and there were a number of Freemasons who were also in the Inner Light, and so there was a combination of the Golden Dawn tradition and the Freemasonic tradition.

I think that's pretty much what their core was and they over the years have received a lot of information, I think, from inner sources and through a lot of experience. The concepts probably that were originally from the Society of Inner Light I think got put into the Servants of the Light course by both Gareth Knight and W.E. Butler. So that's the history of where it came from.

JE: And these various groups are all centered around ritual magic, is that right? What is ritual magic?

LD: That's a simple question with a large and complex answer. I think the short version for me is that it's part of the Western spiritual tradition. It's actually the group aspect. I say the group aspect because primarily in the Western tradition it's a group activity. People do solo rituals, but it's primarily a group activity. One of the advantages to using it, in the way that we use in the Western tradition, is that it allows the interaction between the soul and the personality to take place more easily.

> "I think about intuition as being the result of the alignment between the soul and the personality." -Leigh Daniels

In the metaphor that I like to use for that, you imagine two people who want to have a conversation and one of these people normally walks very slowly, but can walk rapidly, but it takes a great effort to do so. And the other person normally walks very fast, but can walk slowly if they make a great effort. Now if these two people want to have a conversation, one has to make a huge effort to slow down and one has to make a huge effort to speed up. They can walk side by side and talk until somebody's stamina gives out and then they have to pull apart.

Photo by Linda Lawson

The ritual work creates an atmosphere in which it's easy for the soul aspect to slow down and the personality aspect to speed up so that that interchange between the two can happen more consciously and more powerfully.

JE: When you use the word ritual, as Evie was saying earlier, the notion of a series of activities that one engages in on a regular basis, how do you understand the word ritual as it's seen from the concept of a spiritual practice? Is it a kind of spiritual practice?

LD: I think of it as an aspect of the Western path. Western tradition is not the only one that uses ritual. As you look at all religious traditions, you can see that there's ritual in them. I've been fortunate to have a fair amount of experience with the Jewel Heart Tibetan Buddhist tradition in Ann Arbor and they are excellent performers of rituals. For me, the Tibetan tradition seems to be the closest the kind of Western magical tradition in terms of the ritual use and the mind training that they use.

JE: Many people, when they think about spiritual practice, think first about meditation. Would you say that all meditations are rituals, or that ritual is a certain kind of meditation? How do you understand that relationship?

LD: I think meditation is a ritual act, in that it's something you do; it has a form that you follow traditionally. At least in the way I was trained, you have a form that you follow every time and so that becomes a ritual. A lot of what ritual is about is creating conditioned responses of your consciousness, in that you do certain actions and then induce a certain state of consciousness, so that ultimately you just do those actions and the state of consciousness automatically kicks in. Ritualized activity helps create that condition. Ritual and meditation are really kind of two sides of the same coin for me.

JE: Leigh, at some point you moved from working with the Helios course, that was now being run by the Servants of the Light as a correspondence course, to actually working with Dolores Ascroft-Nowicki in the workshops that she did here in the U.S. How did that come about?

LD: I met her first in 1975 and later when we were living in Massachusetts, we connected with her at a workshop that she was giving in Watertown and began to go to workshops that she was doing in the United States when she would come. I gradually got to be an organizing person in the United States for the Servants of the Light.

JE: Who is Dolores Ascroft-Nowicki?

LD: She's the director of studies of the Servants of the Light. She's a really excellent ritualist. I was really privileged to learn an immense amount about ritual from her. She has written some excellent rituals that I've been privileged to be part of.

JE: Are there particular books of hers that you would name?

LD: Well, her *First Steps in Ritual* has a number of rituals for individuals and groups. She has a *Ritual Magic Workbook*, which in the introduction says it's a program for one year. I think it's an ambitious program for one year. There's a lot of good stuff in that book and to try to do it all in one year might be a little much for most people, including me. I would prefer to see it spread out over several years. But I think those would be the books that I would recommend of hers.

JE: What kind of work did you wind up doing with her?

LD: I ran a U.S. newsletter for the Servants of the Light for a number of years and then I would assist her in doing the ritual work in the workshops that she gave for a while. Then at one point I was doing a number of introductory ritual workshops using their material and format. I did those in Atlanta and Annapolis, Maryland and Guadalajara, Mexico and Phoenicia, New York - a number of places.

JE: Did you stop doing that work at some point?

LD: At some point it just turned out that it didn't fit for us to work together anymore, so we no longer work together.

JE: I know one of the focuses of your ritual magic work locally is called the Grail Lodge. What is the Grail Lodge?

LD: Actually Evie had the best definition of it. She described it once as being, I think it was, a professional association of colleagues. isn't that how you described it?

EG: Graduate-level magicians.

LD: Graduate-level magicians. It consists of people for whom ritual magic is what they like to do and they're dedicated to working in a group over a long period of time at a very deep level. That takes a long time and a lot of trust and the only to build that is to work together for a long time. So we want people who have a certain level of training in ritual and who have a commitment to being in the area and doing this kind of work over an extended period of time.

JE: So, Evie and Leigh, the two of you were sitting around one day and said, "Let's start a lodge." Is that how it came about?

EG: Well, you know, some days you just get bored and you have to come up with something new for fun. (laughter) No, there were a group of us who had known each other in this area for a number of years. Many of us had met at some of the workshops that Dolores Ashcroft-Nowicki did in the area. I

think mostly it's those people that had, I think, met through our connection with Dolores primarily.

LD: Then I think it was 1988, the fall of 1988, that I started a little study group of some of those people in Ann Arbor.

JE: So the origins of the membership of the Grail Lodge are people who are connected to Dolores Ashcroft-Nowicki?

LD: And the workshops that she was doing.

JE: Is that how the two of you met?

LD: No. We met through Ladder Books. It's a fun story, actually, how we met. I was running Ladder Books and I was also involved at the Unitarian Church here in Ann Arbor. On my birthday one year, I forget which year - 1980 I think, I received a phone call from Evie, who I'd never met, asking me if I would be willing to talk to a college group that following Sunday about meditation. And about 5 minutes into the conversation, I knew I was going to marry her.

JE: How did you know this?to happen.

JE: And you'd never seen Evie before?

LD: I had never seen her. I had heard her voice for 5 minutes on the phone.

JE: Was it something about her voice?

LD: I don't know. I just knew.

EG: This is your definition of intuition, right?

LD: Yeah. It's *not* a thought. It's *not* a feeling. It's a direct knowing of something and I knew that was going to happen.

JE: Is this the first woman that you ever had this impression about? (all laugh)

LD: So far it's the only one and I imagine it will be the only one.

JE: So after 5 minutes you had this knowing, and we'll talk more about what you mean by knowing in a minute, then eventually you met.

Photo by Linda Lawson

Leigh and Evie's meditation space, attached to their home.

EG: I think it's very interesting that how we connected in our lives was through our spiritual interests. Because I was the adult sponsor of a college-age youth group at the Unitarian Church and I was looking for a speaker. The kids wanted somebody to come and talk about meditation.

JE: How did you get Leigh's name?

EG: I think his name had been in the ethers around me. I'd heard of him, but I'd never met him. And the truth of this story is that I was very bad about planning things ahead and making phone calls and I had a list of about five people that I knew could talk about meditation, but I was so embarrassed that I had let it go until five days before the event, that I was embarrassed to call anybody I knew. So I called the one name on the list that I didn't know, and that was Leigh.

LD: And I'm so glad.

JE: Evie, did you have any sense, on your end of the phone call, of the connection?

EG: No, I didn't have a sense of connection with Leigh until probably two weeks later, when we actually went out to dinner. We met when he came to speak, and after his talk I was in the kitchen washing dishes and he kind of helped with cleanup and helped me carry things out to my car. Then he suggested that we talk some more sometime and suggested we go out to dinner. I was sort of stunned. I thought, "Oh, I remember this. This is dating." I'd forgotten about dating because I was fairly committed to the single life at that time. But I think the first time we went out for dinner and really talked, I had a sense of Leigh "being home."

I know this may sound like New Age romanticism, but it really felt like a soul recognition. It wasn't necessarily a great personality match and we've had quite a wonderful ride. Because on a lot of dimensions we're absolutely opposite. Soon after we started into a serious relationship we took a wonderful Myers-Briggs workshop and found out that we're opposite on every dimension on the Myers-Briggs scales.

JE: For people who know about Myers-Briggs, they'll be curious about what your Myers-Briggs types are.

EG: Well at the time, and I might have shifted a little bit, I was an ENFJ.

LD: And I'm an ISTP.

JE: Every letter is different?

LD: We're opposite on all four scales.

EG: And we're not wishy-washy about these. We're far out on our scales. So that means that I make lists and see things around the house that get in my way and I can't focus internally if my exterior world is in chaos. Leigh has this tremendous capacity to focus internally, no matter what's going on around him.

LD: Be oblivious of the external world a lot. And what's really been wonderful about being married is that you're really good at being extroverted and I've really learned a lot about how to be extroverted. It's been wonderful. It's been a lot of work sometimes and the result has been really wonderful.

EG: We've learned a lot from each other.

JE: So, how soon did you marry after that first meeting?

EG: We met in January of 1980 and we got married in September of 1983. We lived together for about two years before we got married.

LD: It's been wonderful. It's been a lot of work. Sometimes it's been hard, but mostly it's been really good.

EG: I would say absolutely. I think our marriage has gone through several changes. People that have been married a long time, I think, talk about being in serial marriages to the same person. I'd say we're probably at the beginning of our third marriage together now. We've gone through a lot of transition just in the last year. I think we have a basic commitment to very similar values. I think we're pretty tolerant and use humor a lot. There's a lot of mutual respect. We're never mean to each other. We have a lot of fun together and are committed to learning to have more fun together.

LD: I still believe - actually I know - marrying you was really the best decision I ever made.

JE: So after having been married for a number of years and getting bored, you decided to start the Grail Lodge? (laughter)

LD: The study group evolved into that, and it was probably after five or six years before it kind of took that next level of commitment, to people having a more formal structure and a fixed ritual format. We just moved it to that level and now it's about six years, I think.

EG: Marriage really is a tremendous spiritual practice. It's not the only one, but it's where the rubber meets the road when one has "high falutin" spiritual aspirations about one's development.

LD: One of the best definitions of marriage I've heard is, "It's a fabulous people-growing machine." Because I certainly have grown a lot from being married to you.

EG: It's been incredible.

JE: In addition to the marriage, you have a major life work that you do together, with each other. Does that center around the Grail Lodge?

"I think that because we're humans at this particular stage of evolution, we have to work with imperfect personalities. Those imperfect personalities have their own motivations distinct from the deeper motivations that come from the soul and the spirit. And so what we have is a kind of constant back and forth of the personality and the soul."

-Leigh Daniels

The Crazy Wisdom Interview (continued)

Photo by Nina Hauser

LD: Yes, at this minute. That's likely to change in the future, but currently that's true. It's the area that we have in common that we're kind of both committed to pursuing and developing.

EG: Again to try to talk about an analogy: the Grail Lodge for me is kind of like a professional association, in that all the people who are full members in the Lodge (and I say that because we have some trainees that are not full members) are people who have their own service practices. Many of us are involved in psychologically oriented professions or services, and many of us also do work that combines spiritual and psychological service. Then we come together to practice our rituals and do study together.

I think it's an intellectual stimulation that we share; we meet monthly. We share resources we've discovered. The ritual that we do together is in service to the world at large, of course, and I think it deepens all of our own containers. It keeps carving out the container because it's a pretty powerful group of people, all of whom are teachers themselves. So, Leigh and I share that, and since the group usually meets at our home, we also serve as the physical location center for it, so it's a social event as well.

LD: It's a working group; it's not a support group for people.

JE: But it's more than just people who do ritual together. It is a group of people who meet for a broader purpose than sharing ritual?

EG: I think the broader purpose is we're all people who are interested in the Western esoteric tradition and we all work ritual together. We also spend time talking about all of the other activities we're each involved in, that link to spiritual work in the Western tradition. We serve as supports and resources and collaborators for each other's work.

LD: Each individual member determines their own spiritual practice. We don't require that they have any dietary constraints or lifestyle constraints. We try to draw a balance between it being impersonal in terms of the work, like that the personalities are less prominent than the soul aspects of people, while at the same time having enough of the personal social element to keep it glued together and functioning smoothly and satisfying emotionally.

> **"The Grail Lodge for me is kind of like a professional association, in that all the people who are full members in the Lodge (and I say that because we have some trainees that are not full members) are people who have their own service practices."** **- Evie Gauthier**

JE: In that sense, is it a spiritual community would you say?

LD: Yes, I would.

EG: Yes, a very tolerant one.

JE: How big is the Lodge?

LD: Right now we're at seven people.

EG: And we have a training program with two to three people...

LD: ...in the pipeline.

EG: In the pipeline, training. Our goal is not to have it be a very large group. It's quite a commitment because it's a full day a month, basically.

JE: You say that the common bases of the members of the Grail Lodge are people who are serious students of the Western esoteric tradition. Could you give the short answer to the question of what you mean by Western esoteric tradition?

EG: I'll take a stab at it and then you can refine it.

LD: Okay.

EG: I would say the Western esoteric tradition probably starts with the ancient Egyptian tradition, moves up through the Mediterranean, includes Judaism, Christianity, Celtic traditions, Western European traditions. So alchemy, Egyptian mythology, Greek, Celtic, Wiccan - everything that isn't Eastern, basically.

LD: I would say that it also includes Babylonian roots and provides a set of practices and disciplines that may be analogous to the yogic systems from the East. It provides mental training like raja yoga in terms of concentration, karma yoga in terms of right action in your life, bhakti yoga in terms of devotion to certain divine principles. Those kinds of parallels. I think people's psychologies - East and West - are in some way essentially the same and in other ways essentially different.

And so the Western esoteric tradition provides the kind of mental training for primarily Western temperament, which isn't to say that Eastern people can't do it and vice versa, as we see all over now. But it's primarily based in the symbolism, the Western mythological traditions as Evie said, certainly includes Christianity and Sufism and that range from Mediterranean to Scandinavian mythological traditions.

EG: The actual rituals that we do usually work are either the Mystical Qabalah, Egyptian, occasionally Wiccan. Anything else that we do on a regular basis?

LD: Celtic Grail.

EG: Celtic Grail work and I guess, what would you call what we do with the archangelic work?

LD: I would say that's more Qabalistic.

EG: Since we're still in the arena of talking about what is ritual, I've made a couple of notes I'd like to toss in. An analogy came to me that if spiritual practice is... if we can say that any spiritual practice has as its goal a connection with the Beloved, then I would say that prayer is analogous to being in conversation with the Beloved. Meditation is to be in quiet communion with the Beloved. And ritual is to do ballroom dancing with the Beloved.

In my work with Enritual, I talk about the elements of a ritual and I want to mention those. Because we're using the word ritual so much I would like to specify it a bit. A ritual is a form that has a beginning, a middle and an end; and its power, I think, comes because it usually incorporates so many of the human senses in activities. It's usually visual, auditory, and kinesthetic, often with olfactory factors as well - smell, and sometimes even taste. If you think about a Catholic mass, there's taste and incense, etc.

A ritual consists of having a very clear intention and that probably is the single most important element of it, to have a clear intention. We usually work with the ethics around the intentions, which are primarily to work on One's self, not to try to determine the outcome of other people's lives. Although I also think there is a place for ritual in the service of the higher good of humanity, of the higher good or outcome of stressful situations in the world at large.

There is a dedicated time and space. There's an invocation, which just means that you decide what you're going to call on for support, that is, the largest part of yourself or something larger than yourself. When I teach Enritual, one of the things I really try to emphasize is that people don't have to necessarily have a theology that includes anything divine or sacred. Ritual can apply to wherever we are.

Then the middle of the ritual is an action or work, which is some kind of manifestation of the intention that you have in mind, and it usually involves symbols. It could be physical symbols, symbolic acts, symbolic language, and movement. That's where the taste and smell may come in too - which all serve to help one's internal focus stay centered for a period of time. It links in with what Leigh talked about earlier, as that walking faster while the invoked spirits walk slower. And then, when that's complete, there's a closing, where one releases that which one has invoked as well as releasing the time and space.

So ritual is a form. It's a clear form. We're very familiar with it in the culture in all kinds of ways: wedding

ervices, Catholic masses. I think a lot of things that people hink of as rituals may not really qualify because they don't ecessarily have that invocation quality to it. Having some- hing be a routine doesn't make it a ritual. What we're really nterested in is using ritual as a form of mental, psychological nd spiritual training as well as just bringing the joy and the leasure, and the aesthetics back into life through ritual and iving people a sense of freedom and fullness about it.

LD: Meditation really plays a part in working ritual because hrough meditation we develop the ability to concentrate. Most ritual is not done physically, but done mentally and the nergy that directs it is mental. We need to be able to con- entrate and not have our minds wander. Meditation exer- ises that we use help us to develop the concentration so hat we can stay focused over a long period of time - maybe n hour and a half, two hours sometimes. We try not to have eally long rituals, but occasionally they are long and we eed to be able to focus all our attention during that time and ot have our minds wander. The meditation work is what levelops that skill.

E: We've been talking about the basic nature of ritual. What bout ritual magic? What's the relationship of ritual magic to itual generally?

LD: Ritual magic is the use of mind training in a ritual activity. ou create with your mind a space to work in; you direct nergy with your mind. The physical movement mirrors vhat's happening in the inner level and in a sense acts as hysical focuses for those inner forces. But the primary work s mental and that's the magical aspect of it.

For me today, magic is that system of mind training hat, as I said, is a parallel to the Eastern yogic traditions. It's lso a spiritual path, just like those Eastern traditions are a piritual path, that is designed to bring alignment between a erson's soul and personality.

EG: In the past people have defined magic as the process of hanging consciousness at will, to come into alignment with he divine. So the training has to do with being able to shift onsciousness very quickly, which is the purpose, I think, of lot of spiritual practices. The more one meditates, the more uickly one can go into that meditative state. So that's a kind f training of the mind.

LD: And part of magical training is that concentrated medita- ion and that concentrated meditation helps develop your ntuition, which, as I mentioned before, it's not a thought and t's not a feeling, but it's a direct knowing, that you can have direct inner experience of something.

EG: I might throw in here too that - again a very broad defini- ion of the differences between Western meditation traditions nd Eastern as people generally practice them - the medita- ion practices of the Eastern usually is to empty the mind and ry to achieve the absence of a focus on anything. In this Western tradition, we more often try to focus on a particular hing and often use guided imagery to do that. So it's train- ng for the mind to stay focused on an idea or a principle or to work as a group with a guided imagery, where we're all hav- ng the same imagery at the same time to lead us to some warenesses.

E: What are the particular activities of the Grail Lodge?

LD: Well, we meet 10 times a year, once a month except for uly and August because we need a vacation from ritual. At the meetings we have a business section, where we handle administrative details and then there's a section often where a member will present teaching on a certain subject area that they're interested in and knowledgeable in, and then we have a ritual that we do.

JE: If someone wants to join the Grail Lodge, what do you say?

EG: We say that's great. Here's our application process. We're pretty particular about the training and the fact that this is a working group that's been together for a number of years and so that the quality of being able to work within the group is another important dimension. We have a written application. After we receive that, we talk about the information on the application. We usually do an interview with the person, with at least two Lodge members involved. From that we determine whether or not this seems like a good fit in terms of the person's background and what they're wanting.

LD: Where they are in their lives...

EG: Where they are in their lives. Because we really see this as a pretty heavy commitment. It's a full day a month for 10 months a year and most of us have been doing this together for 10-15 years and expect to do it probably until we die.

> "Ritual magic is the use of mind training in a ritual activity. You create with your mind a space to work in; you direct energy with your mind. The physical movement mirrors what's happening in the inner level and in a sense acts as physical focuses for those inner forces. But the primary work is mental and that's the magical aspect of it."
>
> - Leigh Daniels

Sometimes we have people who are interested that don't have really the requisite background in terms of basic knowledge and need to do some reading and also perhaps learn more skills of meditation and focused concentration.

So we've developed a training program that we can offer the candidate, if we think that they would benefit by that. If they're not really ready for full Lodge membership, they would be assigned a mentor out of the Lodge on a year by year basis.

They would do a year of training and then we would evaluate whether they still were interested in continuing with us or moving in a different direction and we would again decide if it was a good match with the Lodge. So we see this as a pretty long-term commitment and our goal with the Lodge is not necessarily to have as many members as we can possibly scare up. As the investors say, we're in it for the long term.

JE: So one would go through this process before attending any of the Grail Lodge rituals?

EG: We might invite them to one of our invitational rituals that we do on the four quarters of the year, during winter or summer solstice or fall or spring equinox. At those times people in the Lodge invite people that they know or that they're close to or who have contacted us because they're interested. We then do a ritual and a potluck feast and have both ritual and social time with a large group of people. Usually at those quarterly events we have 30-40 people attending all together. That's a good taste of the kind of form that we do and the flavor that our group has developed.

LD: I don't want to say that our rituals don't have emotion, but it's a more mental approach because as I said, a lot of the work is done mentally. It has a different feel and orientation than Wiccan rituals, for example, or the Catholic mass or those kinds of things.

JE: If I understand it correctly, the people who would be attracted to the activities of the Grail Lodge, or even to the novice course, would be people interested in the Western esoteric traditions - which are rooted in the Judaic, Christian, and Islamic traditions. My experience is that most people, at least in my acquaintance, who are interested in the more esoteric don't really connect with the institutional or dogmatic aspects of Judaism, Christianity or Islam. Is that your experience?

LD: Overall, I think though that there is fundamentalism in esoteric activities just as there's fundamentalism in exoteric activities. We try really hard to run our group in a way that makes that much less likely to happen because we see the destruction that it causes.

EG: I think that there are a couple of factors that may attract someone to spend their time with the esoteric activities as opposed to the larger institutionalized forms. One might be that the person is disillusioned or turned off by what they see in the larger faiths. Another might be, while they're not particularly turned off or they don't see it as negative, but that they're longing for something's that more personal and perhaps returning the meaning to the form in a way that they may feel that it's been lost in their particular religion of origin.

A third is just that they want a smaller, more intense experience, where they themselves get to be the celebrant in a more active way. So that I think a lot of people who are drawn to this don't spend as much time in traditional faith religions, but I don't think it means that they're opposed necessarily, that it may sometimes just be a choice of where we put our time and energy.

LD: I also think that magical training can really empower people in their religions of origin in a way that they hadn't been able to participate because, as Evie said, they understand more about what's going on in the rituals of those religions and can participate in a different way than they might have before they had the training.

JE: Speaking of the training, in the material you gave me about the Grail Lodge novice course there are some references to intuition. I'll read one or two sentences here. "When we use the word intuition in this Grail Lodge novice course, we are using it with a very precise meaning: a direct knowing that is not a thought and is not a feeling. There are many modes of inner perception, just as we have our five outer senses, and these can function in conjunction with intuition or independently of it." So I want to ask you to talk a bit more about how intuition is a direct knowing, that it's not a thought and it's not a feeling, and what you mean by "many modes of

inner perception" that may or may not be connected with intuition.

LD: It's difficult to talk about because it's not a rational thing. Because intuition is not a thought, it's hard to talk about, and because it's not a feeling, we can't use words to describe it like happy, sad, excited, curious, those kinds of emotions. It's a direct knowing and that's the Gnostic word, I think; gnosis is probably the origin I would go back to.

It's the direct internal participation in the reality of this spiritual thing, whatever it is - deity, symbol, whatever your experience is - a direct participation in that. It's the idea of an internal experience that is a kind of connection with a deeper reality, that we then have thoughts about and feelings about and response to, but it is a perceptual mode that's not thinking and not feeling.

EG: I would offer, I think, a complementary and slightly different definition, which is actually a good example of how Leigh and I complement each other. I think about intuition as a source of sensory input that is not due to sensory organs.

We get information or impressions and we don't really know where that comes from. I think there is a valid argument that a lot of intuitive hunches that we get may come from subliminal sensory information that we're picking up but we couldn't describe. We may not even be aware of what we're picking up. For instance, people may have an intuition that someone's lying to them and they may actually be picking up some subtle behaviors and interpreting it at some precognitive level so that they actually come up with that perception.

I also believe that as energetic beings linked in an energy field, we have a way of receiving information, that I would call a form of perception but doesn't come through the usual perceptual channels. That's a skill that people can tap into and learn to increase and develop in a lot of ways.

It can also be used for a lot of purposes other than spiritual development. It can be used for medical diagnosis or emotional connection with somebody, a sense of making decisions about what's the best route someplace, whether or not the freeway's going to be jammed up. I think it's possible for people to develop their capacity for accessing their intuitive perceptual system in a lot of ways.

In the spiritual context, I think it is a way of opening up that intuitive link to a source of information that we're particularly asking for. We're asking, for instance, for God's guidance about something. By opening up to intuition, occasionally we get something that's like a cosmic telegram.

LD: That gets to another way that I think about the intuition. I think about intuition as being the result of the alignment between the soul and the personality. People who are psychic often will see things - images, or they'll see symbols in somebody's aura, for example - and they may or may not be able to correctly interpret what they see. Because if I see a picture of a young man over your shoulder who looks a certain way, it could be anything.

But if my intuition's working, I see that and I know that that's your little brother who just broke his leg, for example. It's not a thought I have that I'm thinking maybe he broke his leg or I have a feeling of pain or something, but I see that image in your aura and I know that this means such and such. Which in a way maybe links it to Jung's idea of synchronicity as a meaningful coincidence.

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JE: You talk about many modes of inner perception, just as we have our five outer senses. What is meant by the other modes of perception?

LD: I would see something or hear something with my inner ear. I might taste something with my inner tongue or smell something with my inner nose. Some people don't see things, but they either hear things or they smell things or taste things or kinesthetically experience the inner world. To know what that means, to understand that if you have your intuition working, helps you know what it means to have a certain smell or see a certain symbol. That's what I meant in that.

JE: I want to read a few of the other objectives of the Grail Lodge novice course because I think it gives a good idea of what the Lodge is about and why someone might be interested in it.

> "If we can say that any spiritual practice has as its goal a connection with the Beloved, then I would say that prayer is analogous to being in conversation with the Beloved. Meditation is to be in quiet communion with the Beloved. And ritual is to do ballroom dancing with the Beloved." - Evie Gauthier

"Upon successful completion of the Grail Lodge novice course, you should be able to exercise greater self-discipline, concentrate well, have a deeper knowledge of and contact with the soul or higher self, know the main parts of the Western esoteric tradition, discriminate between your intuition and other means of inner perception, understand the relationship between intuition and service, have a working knowledge of the magical use of the Qabalah, create and work simple rituals, and function effectively in a ritual team."

EG: I would like to say a bit more about the use of intuition in making decisions and actually link that back to the first qu tion you asked, which is what do we mean by happiness living a good life.

JE: Back to the purpose of life. (all laugh)

EG: I want to piggyback on something Leigh brought u few minutes ago that the idea of a good life is to use lifetime to develop our personality and to bring it into alig ment with the soul and the spirit and the creator, whatev that creator is. And that happiness, real happiness, is bein in that alignment and that's the source of joy and happines

I think that's the goal, however distorted the behav ior may be, of most human actions, to try to find that joy. I my practice, more and more, I'll find that the use of my will i secondary to my intuition. I try to use my skills and m training to bring myself into alignment, and I then open up t the intuition of basically, "What am I supposed to be doing?"

I often get a sense of what I should be doing. An at that point, that's when my will kicks in and says, "Okay well I'll use my will and my discipline to do that thing," a opposed to using my will to decide what thing I'm going t do.

JE: Yes, that's clear.

LD: It reminds me of something W.E. Butler often said. He used to quote Dante and say, "In His will is our peace" or "In the Divine Will is our peace" and our happiness.

EG: Yes, that's my experience.

JE: I want to ask you about the meaning of the word service because earlier you alluded to the fact that the Grail Lodge exists not only for the personal spiritual development or unfoldment of its members, but also has a larger service aspect. How was that meant?

LD: I think there are several ways that it's of service in the world. First the Grail Lodge provides a community for its members and a place for spiritual development for its members. If it's true that at some level we're all one with everything else on the planet and the world and the universe, then what we do makes it easier for everybody else in the whole world, to move ahead spiritually. This is true for all groups and all people - whatever we do, as far as spiritual development goes. So that's an act of service.

There are a lot of teachers of different things that

re members and so they may often receive inspiration from ie work in the Lodge and express that inspiration in their aching other people and that's a way of service. Can you ink of some others, Evie?

G: One of the ways that we may differ from a large institu- onal religious organization is that we don't have a chari- able arm. That's not what we're about, that form of service. his is where people who do a lot of service in other aspects f our lives come together to get nourished and inspired.

D: And that's a service to the people who have that need.

G: So our service is really about developing and strengthning the individuals who come in contact with the Grail odge's activities, and then we go out in the world and we do ur service wherever we may be planted.

D: I can imagine, too, that we don't even really know yet lly what an expression of service will be because the Grail odge still pretty young. And in 10 or 20 years, who knows hat that expression will be.

G: Going back to what I said a couple of minutes ago about lignment with the divine, I really believe that when a person in that alignment, whatever they do out of that inspiration like the lowering of the crime rate at that same time.

I'm wondering if there's a belief in the Grail Lodge that the rituals you engage in have an impact beyond yourselves and directly on the world.

EG: I wish you'd been present, Jonathan, when we did levitate the Pentagon, but we did it late at night. (laughter)

LD: ...and nobody saw us.

EG: ...and nobody saw us.

JE: Was it just the Lodge or were other people involved? (all laugh)

EG: Oh, it was just the Lodge. One to a side and we had two people left over. (more laughter) Seriously, I do know that the ritual works on me because that's often the focus: to develop aspects of our character, or bring us into some alignment with a particular purpose, to inspire, etc., so that we become stronger, better people.

I know that it works in that context and that it's a source of change for myself. We don't focus on, say, to end the war in Bosnia. When we do rituals that focus on things beyond ourselves, it's usually in the context of "Please bring divine influence for the greater good of all involved."

Photo by Linda Lawson

service. It may not look like service, but it's in the service f us developing our connection with the divine and humany evolving, though it may not look like "good works". It ay be something creative or very private or whatever.

But I think that's my concept of service in the largst sense, the individual's commitment to always bring One's ill into alignment with the divine and by definition then, any ction is a service.

D: That's really beautifully put.

E: I want to ask if there is, in your understanding, a belief at the rituals themselves can have a direct impact. The arallel I'm thinking about is a group of monks or nuns who ight be praying each day, for instance prayers that are said t certain hours of the day in many traditions. The belief is at they have an impact on the world just by virtue of their rayer ritual.

Or people in the Transcendental Meditation Movelent who have tried experiments where they'll collect a large umber of meditators in one town or city. They meditate for certain period and then try to find a correlation with things

LD: It's at a level of principle rather than implementation.

JE: How do you mean, it's at a level of principle?

EG: Because we don't necessarily know what's right. We don't know what that big plan is. I believe that there is a divine momentum that is available to humanity and people can act in ways individually and collectively to either bring us in line with that or resist it. So basically the intention here is, "Please help all the people that have an influence on this situation, bring it back into alignment with the divine" and I don't presume to know what that looks like.

LD: I believe all those monks and nuns, East and West, who are doing all that work all the time make a huge difference because I think the world would be in a much worse place if all those people hadn't been doing that for all those centuries and millennia.

EG: I think there's a lot of evidence coming out now too, for instance Elizabeth Targ's wonderful work in recent years on the use of distance healing with AIDS patients.

LD: Or, prayer and the effect of prayer improving the outcomes of surgeries.

JE: We began to speak earlier about the connection of the Western esoteric (inner) tradition to the Western exoteric (outer) tradition.

> **"Meditation really plays a part in working ritual because through meditation we develop the ability to concentrate. Most ritual is not done physically, but done mentally and the energy that directs it is mental. We need to be able to concentrate and not have our minds wander." - Leigh Daniels**

LD: The esoteric tradition has always been the more mystical, withdrawn aspect of exoteric religion. I think the Western esoteric tradition is now playing an interesting role in the kind of transition of Western religion in general. If we take as a hypothesis that people are evolving, their spiritual needs, I think, are also evolving.

The current religions may not meet the needs of everybody in the world, so people are looking for new religions that meet new needs. I think part of the function of the esoteric tradition is to be a kind of pioneer in bringing through symbols and ideas.

We're in a transition period where we're stuck with the symbols of the old religions. The images from the mythologies are old. We may have new spiritual concepts and impulses that don't get expressed accurately through any of those old things, but we're still stuck having to use these old forms temporarily because we're in this transition period. I think part of the function of esoteric work is to develop new forms that these new impulses can use and then ultimately they become exoteric and help enrich the world religions.

EG: I want to mention something that I believe is historically true, which is that the esoteric tradition was never outside traditional religions. It was held usually deep in the priesthood of the traditional religions so that the rabbis, Catholic priests, or the Egyptian priests were the holders and practitioners of esotericism. And so in a way, bringing the esoteric tradition out to larger numbers of people is similar to the Protestant revolution, where not only can people have a direct relationship with God not necessarily just through a priest, but people can be priests themselves.

JE: The Grail Lodge that we've been discussing here is something that the two of you share in common. We talked earlier, Evie, about some things that you do outside of the Lodge. I'm wondering, Leigh, if you'd talk a bit about your work outside of the Grail Lodge.

LD: I haven't been doing much in public for the last number of years; I've been working on myself. Learning more about myself is a constant thing. I've been studying music a lot, which is something that's interested me for a long time. I've been playing jazz at Washtenaw Community College some and with a small group of jazz people that I met over at Washtenaw. We're still meeting pretty regularly and may be playing around town at some point. I've been working on writing some songs and doing music a lot. I'm interested in math and so I'm studying math some more. I also do some computer consulting to some businesses in town.

The Crazy Wisdom Interview (continued)

JE: You just finished doing a series of four lectures at Crazy Wisdom. Do you have plans to do more of that?

LD: I'm thinking that I may to do some more talks at Crazy Wisdom this winter, and some other people in the Grail Lodge and I are planning to do some ritual training workshops, like a one-day workshop this Fall.

E: Evie, are there public things that you're going to be doing soon?

EG: My trajectory right now is to organize the research that I've gotten so far from my Enritual work and to refine it. I will then begin to offer again, both in this area and around the country, my Enritual workshops. This fall I will offer some two-day workshops in Ann Arbor and Detroit.

I have one workshop for the general public, and another form of the Enritual workshop for people in helping professions to learn how they can bring ritual and ceremony into their therapeutic work. And I continue to do the Consecrated Womb ceremony. We'll probably do that again in the early winter and early spring.

JE: How do you two see your lives continuing to develop spiritually, individually and as partners?

EG: Well, I guess I see my life evolving spiritually so that there's less and less differentiation between anything that I do and my spiritual life. Ideally before I die most of my conscious moments will be in alignment, inspired by my connection with the divine and then just doing what it says.

I suspect that's going to range from doing rituals to gardening to dancing to meditating to reading to writing to teaching. More specifically, I hope that over the next several years I really do bring this teaching of the elements of ritual out for a large population of people, so that they can be empowered to really use this as a tool to enrich their lives and deepen their connection with whatever they value most highly.

LD: I see my direction as being similar in a way. I hope for myself that I'm able to teach people about the Western aspects of ritual in such a way that they can then use them individually or form groups of their own. This would be without the baggage of dogma from the past, but with a solid foundation of the principles and the techniques that come from the past. This is what we are constantly evolving, that I'm constantly evolving, and that gives people an opportunity to be happier in their daily lives and be of service to more people in the world.

EG: And I see our relationship continuing and growing and getting deeper, and also finding more ways of having fun and pleasure and joy together.

LD: Even more fun, like you said, absolutely.

EG: Both in terms of our relationship and our teaching interests. We both work out of our home; we're together a lot. We're in each other's, if not active presence, in each other's

Photo by Linda Lawson

earshot most of the time. So that continued consultation and bouncing ideas off of each other and sharing resources and ideas is really a real privilege that we have as a team that I value a lot. I don't take that for granted at all.

LD: Nor I. I see us as having a really rich and exciting future together.

***

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